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FOR IMMEDIATE RELEASE

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TASTY THURSDAYS!
Students decide what's on the menu at Bishop's Peak Elementary School

Nutritious foods fuel students' bodies and brains and help them stay ready to learn during the school day. Research shows that nutritional deficiencies directly impact mental capacity, attendance and behavior among school-aged youth. Recent changes in the Federal School Meals program have brought healthier food to cafeterias and students nationwide; however, getting the students interested in the whole-grain rich and low-salt menu items requires extra effort and education.

During the month of April, the San Luis Coastal Food Service Department, in collaboration with the recently formed Bishop's Peak School Health Council, is trying new recipes with students through the *Tasty Thursdays* program. *Tasty Thursdays* are a campus-wide event where Bishop's Peak students and staff can sample up to four new recipes prepared by the Food Service Chef, Anthony Au. "We have a new chef who is highly skilled and excited to try new recipes and get feedback from students," said Food Service Director Kathy Martin. "Once we get the 'winners' that a majority of the kids like, we will add it to the district menu for the next school year."

School Health Council student leaders collect data and feedback from the tasters, and parents and teachers assist in passing out samples. So far, sample items have included: Cilantro Chicken Tacos, Mixed Fruit Salad, Chicken Vegetable Stir-Fry, Homemade Meatloaf, Pasta Marinara, and Carrot Cranberry Salad. An overwhelming majority of students loved the Homemade Meatloaf recipe sampled at the first Tasty Thursday, so students can expect to see it on their menus in the fall.

"[Tasty Thursdays] are GREAT! The food was amazing. The kids loved it. Many seemed to try new things. The older kids seemed very eager to try all the dishes; and the younger ones seemed more hesitant to try them all, but some of them came over when they saw their friends try. Such a cool event!" said Transitional Kindergarten teacher Christine Lintner.

Students are excited about the event and are looking forward to new menu items. "This is the best day ever," declared a fourth grader at Bishop's Peak. "If you served food like this all the time, I'd want to get hot lunch every day," added a sixth grader.

Next Tasty Thursday event:

April 28, 2016
12:00-12:45
Bishop's Peak Elementary Cafeteria
451 Jaycee Drive
San Luis Obispo

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