



IN THE LUNCH ROOM at Oberlin Elementary School, Jillian Peters (left above) and Jakobi Blau talked while they ate lasagna and bread sticks. Principal Duane Dorshorst (below) handed out cheesy breadsticks at lunch Monday.



Kids eat healthy meals as they talk with friends

Kids at Oberlin Elementary School stood in a line outside the cafeteria patiently waiting for the class in front of them to get their trays and sit down.

The students moved through the line fairly quickly, stopping at the cooler to get a small carton of milk and then a tray with lasagna and a bread stick. The kids then get to pick a fruit and vegetable.

The students sit on long tables with members of their class. They laugh, talk and eat. When they think they are done, they raise their hands

for their trays to get checked, then it is off to the playground.

Marilyn Diederich, food service nutritionist for the district, said the students have to eat foods in three of the five food groups including fruit, vegetables, meat, dairy and grains.

At the grade school the students get to choose a fruit or vegetable or both. On Monday, the choices were mandarin oranges, which she said is their favorite, spinach or a salad with peas and other vegetables.

Normally Mrs. Diederich sets up the menus for both of the schools.

All of the food is prepared at the high school and at 10:15 a.m. there is a woman who takes the food to the grade school. That way the cook at the grade school can get ready to serve when the first students come through at 11:25 a.m.

Last month and this month, she said, the fourth graders got to pick the menu. The students got together and worked up a menu with the food groups of things that they like to eat. They turned their menu ideas in to Mrs. Diederich and she implements them onto the calendar.



AT THE COUNTER, Tyler Juenemann waited for his tray of food.