

Smell what's cooking

Lunchroom has new look, new menu



graphic by
Nathaniel Bullock

The director's dish

BY JEANNINE PARSONS
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There's a new look and sound in the cafeteria. Perhaps you've seen the neon Hard Rock Cafe sign outside the cafeteria, but have you been inside? There's a new awning, artwork done by Nathaniel Bullock, and soft rock music for you to listen to as you eat lunch.

You will also notice some changes in the menus, as well as the other food items for sale. We are attempting to implement the suggestions that we got from the survey that was done back in the spring.

Food Service aims to provide a variety of nutritious meals for the students (and staff). While guided by requirements specified by the Federal Government and the Kentucky Department of Education, Food Service provides an "offer vs. serve" program. This allows students to select the items that he/she wants.

We prepare breakfast each morning. Hopefully, you will arrive at school early enough to come by and eat. Eating breakfast is a great way to get the day started and we would like to invite you to eat with us.

We understand that you may be rushed; therefore, we try to offer foods that can be eaten on the go. Breakfast is a great buy at only 65 cents! That's cheaper than you can buy breakfast at any fast food restaurant and that includes your juice

and milk!

Each lunch menu consists of a meat, a bread, two servings of vegetables or fruit (or a combination), a dessert, and a drink. There is no where that you can buy a meal like that for less than \$1.25. The amounts served may not always be enough to satisfy your hunger, but those amounts are what we can sell at that price. If you want more, extra servings can be purchased.

Besides the cooked meals, Food Service also sells other food items. Although these are not the most nutritious items, they are the items that students have requested. We plan to add soft pretzels, soft-serve yogurt, Gatorade, and an assortment of chips. The choices may vary, depending on how well the items sell.

Food Service is a program that operates on money that it makes from the sale of breakfast, lunch, and other food items. This money is used to pay the cooks' salaries, purchase groceries, and buy or repair the kitchen equipment.

Students are our customers, and we are here to serve you. This year we are posting breakfast and lunch menus both in the classrooms and on the wall outside the cafeteria. Come by and see what's cooking at the RCHS cafeteria. I feel confident that you will find something that you like!



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Hard Rock Cafe

Coming Attractions

~ One day in October, look for a potato toppings, to be available.

~ Posters of some favorite musicians on walls.

~ If there is enough funds, a jukebox in the lunchroom.

~ Various new foods will also be available side of the lunch line. Soft serve yogurt, Gatorade are items that will be available. These items may vary depending on how much money we have.



Food for thought

Several changes to the cafeteria have been made. How much do you really know about the room that you eat in?

1. What is the newest flavor of Frutopia?
2. How many round tables are there?
3. Can you name all of the kinds of Little Debbie Cakes available?
4. Is the ice in the ice machine crushed or cubed?
5. What lunchroom meat underwent an identity crisis this summer?
6. What radio station is always playing during lunch?
7. Which milk is more popular; blue, brown, or white? (mean 2%, chocolate, or whole milk.)
8. How much does the average lunch tray, incl.

If you have any questions or comments concerning food service, contact Mrs. Jeannine Parsons at the Rockcastle County Board of Education. (256-2125)