

TOPIC

Improving school lunch

TOPIC DESCRIPTION

Many students in ACPS are affected by unhealthy or limited school lunch options in the cafeteria. It affects students by making them tired, hungry, and unable to focus during class. This is not a good thing because later students don't concentrate in class and also they don't learn as they suppose too. This matters because ACPS should care about students's health, learning, and energy during the school day.

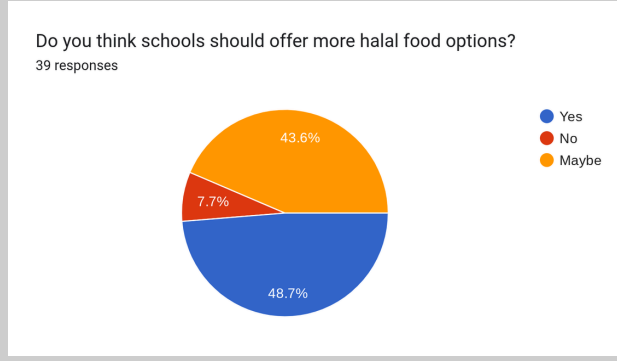
BASELINE DATA & GOAL

Most schools in the United States do not offer halal food. Current estimates show that fewer than 5% of schools provide regular halal meal options, which means access is limited for many Muslim students. According to surveys and student opinions, 62% of students want healthier food choices, 78% want more variety, halal food is preferred by 45% of the students in ACPS. 68% want vegetarian meals, and 71% prefer fresher ingredients in the school cafeteria. My goal is to include all meal options for all students.

CYCP GOAL & STRATEGIC AREA

Not all students are to eat school lunch, this issue connects to the children and youth community plan goal of improving student health, wellness, and school success because sometimes they don't also provide the foods they need like halal chicken, vegetarian food, gluten free, etc.

WHAT IS HAPPENING RIGHT NOW?

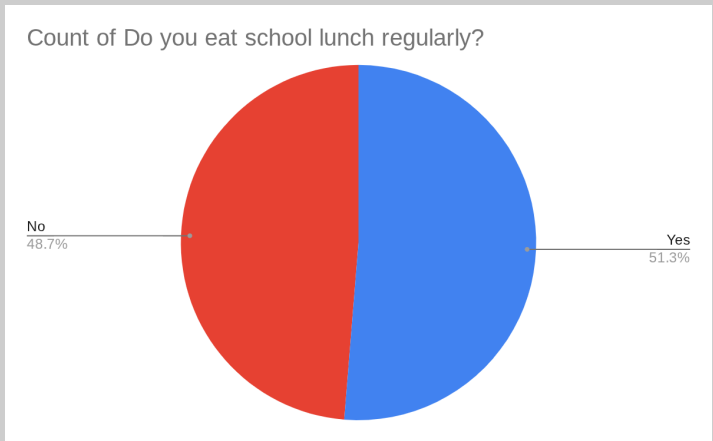
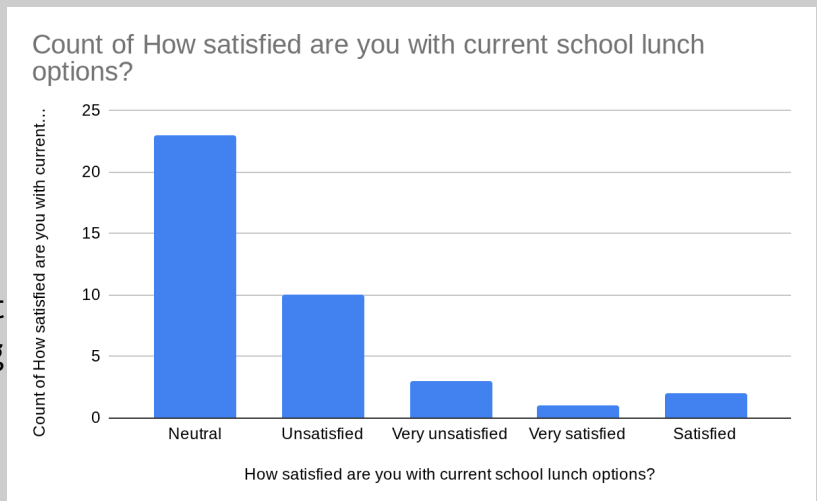


The data shows that more then 10 students are unsatisfied with school lunch and more then 20 students are neutral with the school lunch.

This matters because over 30 students are not satisfied with the school lunch. Understanding why can help the school improve the quality and variety of meals so more students are happy with what's offered

The data shows that the 48% of students want more halal food options in the school

This matters because nearly half of the students want more halal food options. By adding more choices, the school can better meet students needs, make more students feel included, and create a more welcoming environment for everyone



The data shows that the 51% percent of the students eat regularly school lunch and the 48 % of students don't eat the school lunch.

WHAT HAS ALREADY BEEN TRIED?

School already provide free lunch programs and some healthy options in the Alexandria City High School in both campus. These strategies help some students, but many still want better quality food and more choices of school meals. ACPS has added salad options, and nutrition guidelines to improve school lunches.

WHO CAN HELP?

ACPS administration School board
Dr.Eric Coleman- school nutritional services

They can improve food quality, add healthier choices, and listen to student feedback about meals.



WHAT HAS BEEN DONE SO FAR?

Quantity:

School provide breakfast and lunch every school day for the students

Quality:

The programs help students get meals, but students still report problems with taste, freshness, and limited options.

IS IT ACTUALLY HELPING?

The problem is improving slowly, but many students still think school lunches need improvement

WHAT SHOULD CHANGE? (YOUR SOLUTION)

School should provide healthier meals with fresher ingredients and more options like halal, vegetarian, and gluten free meals. Students should also complete surveys so schools know what foods students enjoy. Cafeterias should improve food quality and add more fresh fruits and vegetables

WHAT WILL HAPPEN NEXT?

If this solution is used, students will eat healthier meals and feel more energized during the day. Students will focus better in class and perform better in school. This change would create a healthier and happier school environment for everyone.

LEARN MORE

Alexandria City Public Schools

This resource explains school meal programs and student nutrition services

USDA school Nutrition Programs

This resource explains healthy school meal standards and nutrition guidelines.

CITATIONS

Citations in APA format:

Alexandria City High School. (2024).

Titan Changemaker.

https://docs.google.com/document/d/1LRL9OMnAxns6_ferIDpsEgjn7KEBnSgZ/edit

Alexandria City Public Schools. (2025) school nutrition services.

Alexandria City Public School. <https://www.acps.k12.va.us/departments/school-nutrition-services>

Centers for Disease Control and prevention. (2024) Healthy schools, school nutrition. Centers for Disease Control and Prevention.

<https://www.cdc.gov/healthy-schools/nutrition>