

**Whitehall Central School District** — WCSD students have several options when it comes to lunch choices. The Food Service Team, under the supervision of Food Service Director, Deb Mackey is working diligently to come up with new and innovative meal options that are great choices for all students, including our athletes.

One student athlete stated, "Last year I used to eat two cheeseburgers, fried chicken with extra fries, maybe double pizzas and I was lethargic at practice and slow, and. . . I gained weight, not the good type of weight, not muscle weight, just fat pounds!".

The Railroader Cafe encourages all students to choose nutritious meals that will help student-athletes be healthier, feel better and perform better.

Tomorrow's lunch is Chicken Fajita wraps with char grilled veggies, Fiesta Rice, Refried Beans, fresh fruits and milk. Creating a mixture of lean protein whole-grains, vegetables and fruit to keep students energized throughout the day, is one of the main goals of the program.

The school's Food Service Director, and her staff, work together to market a meal program that fits in the goals of the District's Wellness Policy within the National School Lunch Program

"The Food Service Team prepares the most protein students should be offered," said Mrs Mackey. "The most calories they are allowed to get, and fruit and vegetable options every day and more complex carbohydrates. With that, you eliminate a lot of stuff you don't want them choosing. "Added sugar, foods high in fats and processed junk food" are not the best options.

250 + students line up each day for meals in the cafe ranging from chicken dishes, pasta meals and taco bowls. "Every day is a little different, trying to figure out what they like," said Gail Lavoie, Head Cook. "The biggest challenge is finding something that they really like, but also give them a variety of options and choices that are all healthy and are within the meal patterns we are governed by."

"If you're an athlete and you're trying to take it serious and you're trying to build your body, you want what's best for your overall well being, and this Cafe gives you the food that's probably best for you."

