

Kind of a big dill:

New lunch program promotes healthy eating

by junior Sophie Selenke

A new and improved lunch program has Hudson students believing that bigger is better.

Since school lunch has been outsourced to OPAA!, a food management service, students eating at both the high school and junior high has doubled. On the first day alone, student lunch numbers spiked

from 281 to 438 students eating. This is a result of three things: more options, healthier choices, and better quality food.

Compared to the previous year's limited ala cart and one hot lunch choice, Opaa! offers stu-

dents an extensive food range. Every day students get to choose from two main meals and a fresh fruit and veggie bar. The meals can range from chicken and waffles to spaghetti and meatballs. The bar typically offers six vegetable options, four options of fresh fruit, and two options of lettuce.

"It's going great! Numbers are continuing to grow every day."
- Superintendent Tony Voss

"It's nice to have food that isn't processed," said junior high and high school Spanish teacher Dawn Frye. "You know by looking at the lettuce that it's fresh, all natural, and has no preservatives."

The app Nutrislice allows health-conscious consumers check serving sizes, calories, and ingredients for their daily hot lunch meals.

A change from the pre-frozen meals that were offered, this new food program provides students with more homemade meals. For example, the ranch and lemonade are made in-house, with over 10 gallons of lemonade being used daily in the high school alone. It's this hands-on approach to feeding students that appeals to many of kitchen staff.

"I do like the new school lunch program, but I don't like the (long) lines. Some students spend 10 minutes, which is half of lunch, in line for food."

- senior Stephanie Prather

"It's like going to the supermarket," said lunch director Amanda Phillips, who was hired in July to become the Director of Nutritional Services.

Food now is purchased from Kohl Wholesale, an Illinois-based food distribution center. From there,

it travels, refrigerated, to the school. The staff then cook the lunch options using these ingredients.

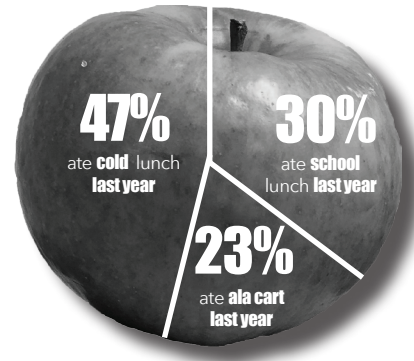
With such a bigger and better program, one might expect bigger lunch bills. But, the price of lunch has only gone up by five cents. Superintendent Tony Voss explains that there are numerous factors that go into determining lunch prices and allow them to keep the cost affordable:

"With the new lunch program, one of the reasons we are able to keep prices down is because our vendor (OPAA!) is able to fully leverage governmental food purchasing plans such as the commodity program and the Department of Defense fresh fruits and vegetables program," said Voss.

"In addition to this, the buying power of our management company permits them to purchase more food in bulk, which is also less expensive, while at the same time being of very high quality," explained Voss. "When you couple that with the efficiencies inherent with a food service management company, the savings tend to compound, which enables us to maintain comparable meal prices for our students."

"I am very proud of my cold lunch. It is the perfect combination of sustenance required to keep me sharp all day. Every day I open my lunch pail and a big smile cracks on my face when I see my perfectly crafted lunch."

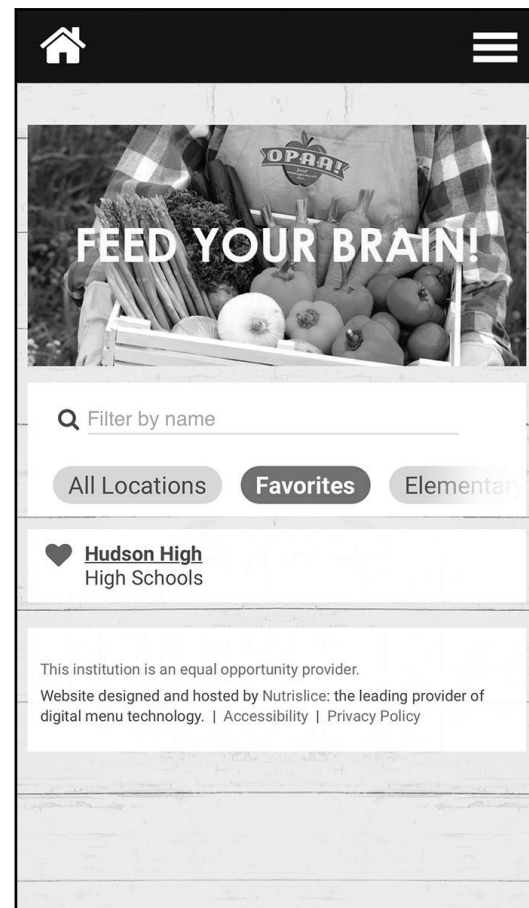
- senior Caleb Koelling



157 more students have started eating school lunch this year.

IS BIGGER BETTER?

In May of 2018, Dr. Tony Voss, the superintendent for Hudson Community School District, told The Pirate Press, "The two biggest problems for school districts are declining enrollment and growing enrollment, and I would much rather have the second of the two." Three months later, with the high school up by 1 student, Hudson has just that. Welcome to Hudson 2.0.18. It is bigger and, in many ways, better.



Serving Size: 1 serving
Calories: 367

Total Fat: 14 g
Saturated Fat: 4.8 g
Cholesterol: 34 mg
Sodium: 588 mg
Total Carbs: 43 g
Dietary Fiber: 5 g
Sugar: 10 g
Protein: 20 g

Vitamin A: 2589 IU
Calcium: 361 mg
Iron: 2.9 mg
Vitamin C: 30.6 mg

The Nutrislice App
The app can be found in any available app store. 'Nutrislice' allows students, parents and Hudson employees to view upcoming breakfasts and lunches.



Growing pains: P.E. class exceeding limits

by junior Grace Schwenneker

Bigger doesn't seem better for some physical education (P.E.) students.

P.E. class periods range from 24-36 students, but Period 7 contains a total of 51 students. This is bringing some challenges.

Physical education teacher Sean Leonard feels the increase

of students seems to create a decrease in productivity.

While other periods have more structured, consistent exercise routines and workouts, Period 7 falls short due to the lack of space and equipment for the students.

Leonard said it's impossible to accomplish what the other classes do as well and give

each student the help they need with numbers this large, and he isn't the only one discouraged.

"I don't like having a big class,"



The 7th Period PE class participates in activities presented by the National Guard.

said freshman Maddie Hansen, who is in Period 7. "There are too many things flying around, and we don't get to do any actual activities or games."

One reason for these larger class sizes is the growth of student participation in the elective. Last fall, in first semester

alone, 93 P.E. waivers were turned in.

A P.E. waiver allows students to exempt out of the class through a full-academic schedule or involvement in other physical activity.

This fall, only 59 waivers have been turned in, showing more students are choosing to not opt out of this popular elective.

To help combat this situation, the district has hired a part-time, female instructor who will take half of Period 7 yet this fall.

According to high school principal Jeff Dieken, there is a possibility of extending this position to the end of the year if numbers continue to be up sec-

Ups & Downs

- ↑ Choir has gained **13 more** students than last year.
- ↓ Show choir has **13 less** members, so it will not be done this year.
- ↑ FFA has gained **7 more** students than last year.
- ↑ This gives students more **opportunities** to be learning **leadership skills**.
- ↑ Volleyball has gained **5 more** players than last year.
- ↑ Adding a lot more **flexibility** in the lineups.
- ↑ HHS has gained **5 more** classes than last year.
- ↑ The classes include: **Sociology, Intro to Psychology, Western Civilization, Creative Writing, and Financial Literacy.**

ond semester.

But for now, this is a welcome solution to the P.E. Department.

Said Leonard, "It brings this opportunity (for Period 7) to do all of the activities that the other classes are able to participate in."

3 out of 4 of the students polled said they LIKE LUNCH

"It has very friendly staff, and the food is better quality."
- junior Naomi Henderson

"I like it now because the food is more fresh"
- senior Megan Sigmund

"I like the school lunch because it has a variety of things to choose."
- freshman Victoria Kolterman

"The only thing I don't like is the styrofoam plates."
- sophomore Kyle Johnson

