

The Buzz - School Lunches

Written by Eryn Roberts

Friday, 24 February 2012 00:00



A preschooler in North Carolina was forced to eat chicken nuggets because someone at the school determined the lunch her mother packed her wasn't healthy enough and sent it back home. The lunch contained a turkey and cheese sandwich, banana, potato chips, and apple juice, but for the inspector on hand that day, it didn't meet the healthy requirements.

In North Carolina, all pre-Kindergarten programs are required to evaluate the lunches being provided and determine if they meet USDA nutrition guidelines. That means lunches must consist of one serving of meat, one serving of milk, one serving of grain, and two servings of fruit or vegetables, even if the lunches are brought from home. When home-packed lunches do not include all of the required items, child care providers must supplement them with the missing ones. The girl's mother said she received a note from the school stating that students who did not bring a "healthy lunch" would be offered the missing portions, which could result in a fee from the cafeteria, in her case \$1.25. But what was so wrong with the lunch the mother provided? Nothing apparently. A spokeswoman for the Division of Child Development explained that the mother's meal should have been okay. It's unclear why an employee of the North Carolina Department of Health and Human Services, Division of Child Development and Early Education determined the lunch was not healthy enough.

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Question: - Is it acceptable for children to have their lunches inspected for nutritional value or is inspecting children's lunches crossing the line?



Kaili Warren If that's really what was in her lunch, this is ridiculous, but at the same time, there is a point in which the school should step in. If someone fed their child junk food constantly, why shouldn't that be considered child abuse? You would be setting them up for obesity, diabetes, and all the other illnesses that go along with it. It's ridiculous that people believe that they should be able to get away with pretty much poisoning their children if that's what they choose.



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Laura Richard I never thought I'd see the day when someone tells a child a lunch brought from home doesn't meet the standard? Whaaat? Clearly it did according to others at the school. Somebody needs retraining. No forget that, the program to look at what kids are bringing for lunch from home needs to be abolished. It's intrusive and unneeded



Cameron Alexander Sounds like the same people in charge of the TSA are now providing "food inspectors" in North Carolina. The child's lunch is nobody's business.

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Gavin Kerry □ As a kid somehow I lived on peanut butter & jelly cookies, fruit and milk for lunch. My mom should have been jailed. Nothing like taking a turkey sandwich, a banana, chips and apple juice, calling it unhealthy, and then giving them chicken nuggets.

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