



I graduated in:



11:40 am

Your news, all the time.

personalize your news

Central New York Mohawk Valley Watertown/North Country Tompkins/Cortland Southern Tier

24 hour local ne



## ALL NEWS

Friday, September 7, 2007

### TOP STORIES

ALL NEWS

Central New York

Oswego County

Rome/Mohawk Valley

Tompkins/Cortland County

Watertown/North Country

Southern Tier

PARADE OF HOMES

POLITICS

CAPITAL TONIGHT

WEATHER

SPORTS

STORY LINKS

SPECIAL COVERAGE

HEALTH

FEATURES

COOKING AT HOME

TRAFFIC

BUSINESS

IN YOUR NEIGHBORHOOD

IN OUR COMMUNITY

VIDEO STORIES

CLOSINGS

ABOUT US

CONTACT US

E-ALERTS

JOBS

SEARCH



### Evolution of school lunch in Southern Tier

Updated: 9/6/2007 6:16 PM  
By: Dana Hendrickson

SOUTHERN TIER, N.Y. -- Starting this year, a new plan in 15 Southern Tier school districts is putting stereotypical cafeteria food in the trash.



Mark Bordeau, Broome-Tioga BOCES Food Services Senior Director, said, "We believe with the changes we've made, we've talked with people throughout the state, that this is evolution in school lunch today."

Cafeterias are branded as Rock On Café's and how food is made is different. A registered dietician helped develop the program's menu and added some new, healthy options, like salads and chicken teriyaki stir fry.

Molly Morgan, a Registered Dietician for the Southern Tier schools, said, "We're just upping the fiber content with our whole grains and lowering the fat content within our guidelines even further."

The program is sponsored by the Broome-Tioga BOCES. Its focus right now is on elementary schools, but with the hope of branching out to all student menus.

Morgan said, "Childhood obesity is an epidemic, and it's growing and Rock On Café is just one step to help combat that."

The days of chicken fingers and pizza are not over, the ingredients are just new. But these changes were not advertised to students, so we decided to see if they noticed any differences.

Owego Elementary student Kelsie Jacobson didn't notice anything different.

WATCH THE VIDEO



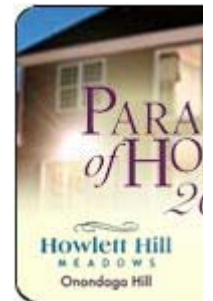
### Evolution of school lunch in Southern Tier

Cafeteria food is not what it used to be. This year, several Southern Tier school districts are revamping menus, branding cafeterias and changing the way food is made. But students haven't been told about any differences. News 10 Now's Dana Hendrickson sat down for lunch at Owego Elementary and put the food

### WEATHER



Today | 7-Day | R  
Travel | Temp



### IN YOUR NEIGH

SEPTEMBER

S M T W

2	3	4	5	
9	10	11	12	
16	17	18	19	
23	24	25	26	
30				

TIME WARNER CABLE  
DIGITAL CABLE  
HIGH SPEED ONLINE  
BUSINESS CLASS  
WEB MAIL  
ROAD RUNNER SUPPORT  
MOVIES ON DEMAND  
WHAT'S ON CABLE  
TIME WARNER SPORTS  
TWC MOVIE CLUB

Reporter: "Do you notice anything different?"

Jacobson: "No."

Reporter: "Did you eat chicken nuggets last year too?"

Jacobson: "Yes."

Reporter: "What if I told you the ingredients have changed to make it healthier for you?"

Jacobson: "That'd be really cool."

to the test.

 **PLAY**

**ADD TO PLAYLIST**

--Select An Ever

**ADVANCE**

When asked the same questions, fellow students Jake Kunze replied, "I'd be shocked." And Justin Kunze added, "Yeah, me too."

Student Coco Heitmann said, "I'd actually be really surprised, but like happy because it's healthier."

The students' seal of approval shows what's on the plate in Southern Tier schools might have them begging for more.

For more information, visit [btbocefs.org](http://btbocefs.org).

 [Email this Story to a Friend](#)

 [Printer Friendly Version](#)

 [Search Southern Tier](#)

**VEHICLES ST**  
**\$99 PER**  
**\$0 D**  
**DRIVE David**  
**PRE-OWNED AL**  
 See our full ir  
**drivedavid**

**News 10**  
  
**LEADER**  
 GREATER SY

advertisement



[Home](#) | [Terms of Use](#) | [Privacy Policy](#) | [Contact Information](#) | [Site Map](#) | [XML](#)

Copyright ©2007 TWEAN News Channel of Syracuse, LLC, d/b/a News 10 Now. All Rights Reserved.

Web production by Tipit