

# the NEW TRIER NEWS



Cafferelli

## How much is too much for a quality school lunch?

Students and parents debate cafeteria food prices and portions

by Ezra Wallach

Many students find themselves spending upwards of \$7 per day to have a sufficient lunch — something both parents and students are worried about.

Even with slight additions to the cost of some entrees, sides, and drinks, no entrees cost more than \$5.50.

While these prices may seem fair, many families are still falling into a predicament that has them spending \$40 a week on lunch, especially those with more than one child.

Fearful that parents will get angry at how much they are spending, many students must choose whether or not to sacrifice their appetite in order to keep their parents happy.

"I usually just get a chicken sandwich with mozzarella sticks and chicken tenders," said sophomore Andrew Balestrery, "I'm still not full and I can't spend any more."

While the food services have made attempts to provide cheaper options, many students are still tempted to spend money at the coffee bar or on candy and soda, inflating their daily totals.



Some students find it necessary to supplement entrees with snacks | Pearlman

Students of different sizes and nutritional needs could need more food than others, leaving them possibly upset with their spending habits.

Those like junior Gabe Degrandis have started to bring their lunch from home due to the cost of food in the cafeteria.

"If I want to be full I need to buy two entrees. Two entrees is \$10. I'm not spending \$10 on lunch everyday," he said.

Quest makes most of their food fresh everyday without GMOs and with USDA certified proteins. There have also been other factors pushing up prices such as wages, taxes, and facilities, making food prices sit where they are now.

"The New Trier food service program did experience some price increases this year due to some food cost inflation pressures, and changes to labor laws in Chicago, Cook County and Illinois," said Quest Food Service director Rebecca Cohen. "All price increases have been approved by the district."

On the other hand, high prices can at times be attributed to the spending habits of each student, some parents express that they don't feel like their children are always given the balanced options of quality and affordable food that should be present at a public school.

"I just don't think any student should be spending more than \$6 on lunch a day," said one New

Trier parent, who wished to remain anonymous. "It doesn't matter if they are 6'5" or 5'6". If I can get a burrito bowl at Chipotle for \$7 then my kid shouldn't be forced to pay more than that for the same amount of food at school."

As much as some students and parents may complain about prices and sizes, they can only get so far before being forced to consider what happens on the other side of the coin. "Making fresh, high quality food from scratch and ensuring we are not only complying with new labor laws, but ensuring we are attracting and retaining the talent required to deliver our program does come at an expense," said Cohen.

Many parents and students

acknowledge the fact that with quality food comes higher prices, believing that Quest offers them quality food for competitive prices. Most even respect that Quest sacrifices cheaper food for better service and quality ingredients, regardless of what they might think of the pricing. "The food was almost inedible with my older child," another New Trier parent added. "I understand that better food means more money, but I just wish it didn't end up costing me so much"

For many years New Trier students complained of unappetizing food and outdated dining spaces.

Most appreciate that the food is now both well-prepared and nutritious, and the cafeteria is inviting, but the idea that a significant number of students consistently spend over \$7 a day will continue to alarm parents and students alike.

After surveying local schools and restaurants, Quest affirmed that their pricing was reasonable considering the quality and portion sizes that they offer.

As much as parents and students like the idea of spending less money for better food, high quality food will typically cost more money whether or not it is served at a public school.

"As a business, [Quest] has to make money too," MCL teacher Gary Schubert said. "Good food isn't cheap. You can't have both good food and cheap prices."

## Choices expanded in MCL, KW, and the arts

Several new classes are added to the next Program of Studies

by May Paddor

The board of education has solidified the changes for the 2018-2019 Program of Studies, including six class proposals, three course revisions and 14 class name changes.

The new classes range from Advanced Health and Wellness to Chinese 5, all catered towards students' needs.

There were a variety of factors that prompted these changes.

"Some of the things that prompt changes in the curriculum are when departments have seen low enrollment or courses that haven't run in a long time. That's the time that often prompts a need for change," said Assistant Superintendent for Curriculum and Instruction, Peter Tragos

There are several course revisions, including new curriculums for International Food, now known as Real-World Cooking for Seniors, and Computer Imaging, now called Digital Photography and Imaging 1, 2, 3.

More name changes include Lifeline to Wellness for Life and Senior Math Survey to Introduction to Finite Math and Statistics.

Not every class will be returning to the Program of Studies. Both 3D



International Food is among the courses to be changed in the Program of Studies for the 2018 school year | Gonzalez

Multimedia and Animation and Multimedia Development 1 and 2 will be discontinued for 2018-2019.

The process to take classes out of the Program of Studies is much different than to put classes into the Program of Studies.

The process of putting a course into the program is much longer than that of removing one. "It's important to prune our course selection; too many choices is not always the right thing to do either," said Tragos.

Advanced Health and Wellness will be starting next year for seniors.

The new course, according to Kathrine Goodman, Kinetic Wellness teacher and creator of the new wellness course, will delve into topics of more interest to seniors.

"Hopefully they can then research careers or their own specific interests in that area."

Kinetic Wellness teacher and the other creators of the new wellness course Laura Deutsch said, "there are a lot of the topics covered in sophomore health are geared towards the sophomore. But the seniors have a different take on some of the concepts, like sexuality, LGBTQ, wellness and health or eating in college. Each quarter will be different."

This senior-only class will focus on learning to take care of one's self for what comes after high school.

"First quarter will be more fitness-based. The goal is to have each student have a fit tracker and in second and third quarter, they will be off on their own. Third and fourth

quarter will be in the classroom," said Goodman.

Though "health" is in the title, students will not be able to switch to Advanced Health and Wellness for sophomore health.

"You have to have a prerequisite of freshman and sophomore year health. This will be an elective, instead of taking a Team-block class or a Lifeline Activities class," said Goodman.

Courses like Advanced Health teach students life-long skills. "One way courses like Advanced Health and Wellness and Real World Cooking are meant to help students develop the dispositions, habits of mind and skills to live independently and make good choices in their own lives," said Tragos.

Along with Advanced Health and Wellness, Chinese 5 will be added to the Program of Studies, but it will not run until 2019-2020.

Students in the class of 2019 were offered Chinese as fifth graders at Wilmette Junior High, enabling them to start with Chinese 2 as freshmen.

Modern Classical Language department chair Stacey Stark-King said, "Chinese 5 is geared towards the students that started Chinese as fifth graders. This will impact our kids who started in elementary school and help meet the needs of the heritage speakers."

Chinese 5 will provide students on the level 4 and 3 track a place to go after finishing Chinese 4.

Chinese teacher Sara Chao said, "The class will have more contemporary issues and there will be a movie. We will still study AP themes because the students who don't take AP can still take Chinese 5 down the road."

According to Chao, "It will not be an AP class. We will focus on the themes but it will not focus on the test."

Even with all the changes to the 2018-2019 Program of Studies, the curriculum is not done changing and evolving.

Tragos said, "I'm pretty excited about the new course offerings we have. It adds a freshness of approach to what is happening in the world today reflects up-to-date best practices."