

**SPEAKER 1:** David, do you usually bring your lunch to school or do you buy your lunch?

**DAVID:** Once in awhile, I buy it. And then, sometimes I bring it from home.

**SPEAKER 1:** OK. Let's talk in particular about those days when you buy your lunch at school, OK? What is it that you like about your school lunches?

**DAVID:** They give a variety of different things.

**SPEAKER 1:** OK.

**DAVID:** And that, they don't give the same thing every day.

**SPEAKER 1:** OK.

**DAVID:** And they have a different rotation.

**SPEAKER 1:** OK. Are there any things that come up in that rotation that are really the favorites of yours?

**DAVID:** Tamales.

**SPEAKER 1:** OK.

**DAVID:** And tacos.

**SPEAKER 1:** And tacos? They both sound pretty good. Is there anything they serve on their school menus that you really don't like or wouldn't like to eat?

**DAVID:** Well, chicken doesn't really taste good-- the flavor. And the ranch is sometimes plain, the flavor doesn't taste good sometimes.

**SPEAKER 1:** All right. That was what I was interested in. When you buy your lunch at school, do you usually have milk with it or do you have fruit juice?

**DAVID:** Milk.

**SPEAKER 1:** OK. Do you know if your school offers you any different types of milk? Did they have like skim milk and regular milk or chocolate milk?

**DAVID:** No, I think they just serve just like regular milk, just plain white milk.

**SPEAKER 1:** OK No choice there. When you have lunch at school, are there any fruits or vegetables that they include?

**DAVID:** Yeah. Like apples, pears, kiwis, or something like that. And then celery and broccoli and carrots.

**SPEAKER 1:** Are there any of those that you really like or don't like?

**DAVID:** Apples, pears, I like. I eat broccoli and carrots, but I don't like the aftertaste of celery.

**SPEAKER 1:** Oh, OK. But you've had broccoli on the list of things you do like, is that right?

**DAVID:** Yeah.

**SPEAKER 1:** That's interesting. You know not all kids like broccoli. Can you think of anything that your school could do that would make their lunches even better?

**DAVID:** To have a system where they let you choose. Well, I went to this place where-- I went to that campus kitchen. And I thought they should let you order online and then you get it the day that-- or to plan ahead.

**SPEAKER 1:** OK Well, that's an interesting idea. So you could order what you want and they would have it on that day for you. That does sound like a good idea.

Then you could always have exactly what you thought you wanted. I know some days you just don't feel like having a certain food. So you could always have what you wanted. Any other ways to make it better?

**DAVID:** When they give vegetables or fruit to give you a choice of what you want and a variety of milk or something. Or what you want a drink, like water or something.

**SPEAKER 1:** OK. I think that's another good idea, to let kids have choices what they want. OK. Well, thank you for that David.

Samuel, do you usually bring your lunch to school or do you buy your lunch at school?

**SAMUEL:** I usually buy my lunch at school.

**SPEAKER 1:** Usually buy it. OK. Could you tell me a little bit about what you like about school lunches?

**SAMUEL:** Hm. Just usually what they have at the end of it. They just give you-- they make you eat fruits and vegetables. And then at the end, it's like a pizza, or fish sticks, or something.

**SPEAKER 1:** OK.

**SAMUEL:** So that's my favorite part.

**SPEAKER 1:** They have a pretty good selection of things that you like?

**SAMUEL:** Yes.

**SPEAKER 1:** OK. Is there anything you don't like about your school lunches?

**SAMUEL:** The persimmons.

**SPEAKER 1:** Persimmons?

[LAUGHTER]

**SAMUEL:** Yeah. I don't like persimmons.

**SPEAKER 1:** OK. Well, that's kind of an unusual fruit. I bet there's a lot of kids that might not be crazy about persimmons. Anything else you don't like?

**SAMUEL:** No.

**SPEAKER 1:** No. OK. When you get lunch at school, do you usually get milk, or do you get fruit juice, or something else?

**SAMUEL:** Milk.

**SPEAKER 1:** Milk. OK. Do you know if it's low fat milk or not?

**SAMUEL:** I think it's low fat. Yes, it's low fat.

**SPEAKER 1:** OK. When you get your lunch, are there any fruits that come with the lunch?

**SAMUEL:** Yes.

**SPEAKER 1:** OK. What kind of fruit might you get?

**SAMUEL:** Sometimes they have strawberries and tomatoes and kiwis.

**SPEAKER 1:** OK.

**SAMUEL:** And persimmons.

**SPEAKER 1:** Which you just as soon pass on--

**SAMUEL:** Yeah.

**SPEAKER 1:** --if you can. How about vegetables? Do vegetables come with the lunch?

**SAMUEL:** Yes. They have lettuce and that's kind of all that they have for vegetables.

**SPEAKER 1:** They don't do like carrots, or celery sticks, or things like that?

**SAMUEL:** Sometimes they do.

**SPEAKER 1:** OK. How about potatoes too? Do they do any kinds of potatoes?

**SAMUEL:** No.

**SPEAKER 1:** I thought it was pretty smart that you knew a tomato was a fruit, not a vegetable. Not everybody knows that. OK. Here's a good question for you. Can you think of anything that your school could do that would make lunches so much better?

**SAMUEL:** No, not really.

**SPEAKER 1:** No?

[LAUGHTER]

Not a single thing?

**SAMUEL:** No.

**SPEAKER 1:** Well, I think your school must be doing a pretty good job at lunch then. I'm surprised, but I'm very happy for you that you wouldn't change anything.

**SAMUEL:** Breakfast is better.

**SPEAKER 1:** Oh, breakfast is even better than lunch? What do they serve?

**SAMUEL:** Because they have cinnamon rolls, and French toast, and stuff like that. And pancakes.

**SPEAKER 1:** They all do sound pretty yummy. OK. Thank you. Thank you Samuel.

Maya, do you usually bring your lunch to school or do you buy your lunch at school?

**MAYA:** I always bring my lunch.

**SPEAKER 1:** Always bring your lunch. Do you pay any attention to what the kids who are eating at school are eating?

**MAYA:** A little bit, not really.

**SPEAKER 1:** OK. Do you see them eating anything that looks good to you, that you think you would like?

**MAYA:** Not really. I don't really like the school lunches.

**SPEAKER 1:** OK. Then let me ask you the other question. What things do you see on school lunches that you're sure you really don't like?

**MAYA:** The sandwiches don't look very good.

**SPEAKER 1:** Uh-huh.

**MAYA:** The-- a lot of the food doesn't look very good.

**SPEAKER 1:** OK. Can you tell me-- could you tell me what doesn't look good about it? I mean, does it not look fresh, does it not look, I don't know, like it's prepared nicely? What doesn't look very good about it?

**MAYA:** Well, a lot of it is just kind of microwaved and then put in. It's not like they made it there. So that's what-- it would be better if they-- if it was fresh and it was actually made at the kitchen.

**SPEAKER 1:** OK. I understand that. Do you bring something to drink with your lunch or do you buy that at school?

**MAYA:** No, I bring water.

**SPEAKER 1:** And you bring water. Do you ever bring milk?

**MAYA:** No.

**SPEAKER 1:** Fruit juice?

**MAYA:** No.

**SPEAKER 1:** Water. OK. When you bring your lunch, do you usually have any fruits or vegetables with it?

**MAYA:** Usually I have a fruit with it.

**SPEAKER 1:** OK. What kind of fruit would you like?

**MAYA:** Apples or grapes, plums.

**SPEAKER 1:** OK. But not usually any vegetables? No celery or carrot sticks or--

**MAYA:** Not usually.

**SPEAKER 1:** OK. So here's a good question, given you kind of answered this, but I think we should talk about it anyway. Given that you don't think that school lunches look very appealing, what do you think would be some good suggestions for how they could make those lunches better?

**MAYA:** Well I feel like they could just give a better-- better variety first of all. And also, to just-- to not be-- I feel like it would be better to just be fresh, to have something that's not just been brought in on a truck that was prepared a while ago.

**SPEAKER 1:** Some schools have salad bars. Does your school have a salad bar?

**MAYA:** No.

**SPEAKER 1:** Do you think that would be a good idea?

**MAYA:** Yeah. I think that would be a good idea.

**SPEAKER 1:** Seems like it would be simple to do doesn't it--

**MAYA:** It does.

**SPEAKER 1:** -- to just have some.

**MAYA:** Yeah. That doesn't seem too expensive either because it's like in big bulks too.

**SPEAKER 1:** OK. Good. Well thank you.