

# Why is the government starving our children?

I, along with US Representative Mike Conaway, was privileged to attend a presentation at Bronte High School Thursday, January 10, 2012. The program on the federally mandated school lunch regulations was compiled by and presented by BHS students Mizael Perez, Tabatha Huffman and Blaze Smith, along with their teacher, Cheryl Cornutt. Several coaches and administrators were also present and supported the students' claims with their own comments. The information and several of the photos used are included.

## Mrs. Obamacare CAFETERIA REGULATIONS

### New rules

High school between 750-850 calories  
Elementary 550-650 calories

### Old rules

High school minimum 825 calories  
Elementary minimum 633 calories

**Students are allowed 10-12 oz. of protein a week.**

Daily calories, weekly calories, calories for each item on each tray, fruits, vegetables, whole grains, trans fat, protein, and sodium are all regulated. Even the amount of ketchup, mayonnaise, mustard, and dressing is regulated.



## Junior High/ High School Problems

Athletes not getting the correct amount of food considering the number of calories that they are burning while working out. Tom Vilsack [Dept. of Ag Secretary] said the Obama Administration is working with school districts to create snack programs and encouraging parents to pack extra food for their active students to munch on before football practice or band rehearsal. Free and reduced lunch students can't afford snacks. Non free and reduced lunch students are already paying for lunch plus a snack now. Students are complaining about being hungry only 2 hours after eating. Students are getting headaches and stomach aches.



Burrito, Cucumbers, Sweet potato tots, Cookie, Chocolate Milk, Jello and Fruit

## Elementary Problems

Grilled cheese (wheat bread), Vegetable Soup, Apple Sauce, Chocolate Milk, Grape Juice



Elementary students are required to put three items on their trays at lunch. A six year old may not make a healthy choice in the amount of food that they take.  
Example of three items: 1 bread stick, ½ apple, Chocolate Milk

Schools can provide a snack to help supplement the small amounts of food, but it must be funded by the school or a booster club.

	Daily	weekly	2 weeks	3 weeks	4 weeks
Pre K-5th	1.95	9.75	19.50	29.25	39.00
6th-12th	2.20	11.00	22.00	33.00	44.00

Families with multiple students cannot afford more food, they are already paying for lunch and the student is only getting a small portion.

This is an actual BISD Elementary student with tray of food he's chosen.

Students are hungry all across America. We are not able to focus in class because we are tired due to a lack of energy. Food creates energy. With a lack of food we have a lack of energy. Students with after school activities are not getting another chance to eat until supper time. The lunch we are offered is not enough food to last us throughout the day. People have not become obese because of school lunches. Students, that can afford it, are going home right after school and pigging out because they are not getting enough to eat at school. The cost of school lunches have gone up even though we are getting less food. The government is regulating everything with our lunches. The jobs of cafeteria workers are getting harder and harder because of the regulations. For some lower income students the cafeteria lunch is the only food they will receive that day.

**Do not let the children of America go hungry.**

Rep. Steve King Iowa and Rep. Tim Huelskamp introduced the "No Kids Hungry Act." To repeal menu standards and prohibit calorie limits.

**Please support the "No Kids Hungry Act"**

### Additional

After a conversation with school officials, I learned the following facts.

- Community Service organizations and clubs may not provide food for students on a regular basis.
- Students may not share food from home with other students.
- Breaking the federal rules can result in a loss of funding.
- Bronte ISD receives 70-80% of their annual budget from state and federal funding.

*If I still had a child in school, I would continue to pay for their lunches but I would also send a supplemental lunch packed with protein and healthy carbs.*