

Serving healthy meals to students provides educational benefits

Nutrition can play a large role in how well our students learn. It is why we take our menus and food offerings very seriously at Dover City Schools. If students have nutritious food in their stomachs and are not hungry, they are ready for the challenges the school day has to offer.

Our district feeds an average of 567 students breakfast and 1,050 students lunch each day. This is accomplished by our staff of 21 full- and part-time food service employees. Most of the food preparation occurs in the high school and middle school kitchens. Food is then transported to our three elementary buildings each day to be served to our K-5 students.

We realize that some students rely on school meals for more than half of their daily nutrients and calories. That is why it is important that we prepare our meals with the highest nutritional quality in mind. Accordingly, our staff is required to complete professional development in nutrition and food safety every year.

Offering fresh, local options can help make food choices more appealing. We use as many local foods as possible, while following USDA guidelines on all of our menus. Studies show that healthy habits learned in a school cafeteria can influence a child's eating practices for the rest of their lives.

When children are hungry, they are more likely to get sick and recover more slowly from illness. Conversely, when students eat breakfast regularly, they are ready to learn and more likely to achieve at a higher level than those who don't eat that all-important first meal of the day.

By federal guidelines, thirty-three percent of our students qualify for free or reduced breakfast and lunch. However, our food service department is financially self-supporting, meaning we do not use general fund money to supplement our food cost.

We strongly believe that our investment in our students' nutritional needs is paying off for our families and will continue to reap dividends as we all grow. We are proud to be able to provide our students with the opportunity to develop great eating habits while also providing daily benefits in the classroom.

If you have an interest in our food service offerings, check out our menus complete with nutrition information and ingredients by downloading the MySchoolMenus app and typing “Dover City School District.” It is a pleasure to serve the nutritional and educational needs of our students.