Helix Network of Educational Choices
Wellness & FSMC Advisory Committee Meeting Notes
Sept. 24, 2026

1. Attendee Sign In & Introductions: **Dr Natt, Jerrod Webb, Beatrice Howard-Lavigne, Mariah, Kendell, Tressla Thomas, Coran Lands, Ali Barker, Brandi Barber, Pamela James**
2. Purpose of the Wellness Committee and Today's Meeting
    a. SFAs are required to have a Wellness Policy and Wellness Committee
        - **Overview of the Wellness & FSMC Advisory process discussed**
3. Menu Feedback
    a. Students/Family Attendee Menu/Meal Program Feedback
        - Likes:
            - **Breakfast: grits, eggs, biscuits; parfait, pancakes, breakfast sandwiches with the turkey sausage; honey cheerios, original frosted flakes, Cinnamon toast crunch, lucky charms.**
            - **Lunch: Many entrees are popular; baked chicken, beans, pizza, burgers, spaghetti bake to name a few**
        - Room for Improvement:
            - Breakfast:
                - **Students do not like this year's Breakfast Burrito.**
                - **This year's blueberry muffin is not favored. Prefer Otis Spunkmeyer which they had last year.**
                - **Students do not enjoy oatmeal.**
            - Lunch: **Few lunch entrees are outright unpopular. The order and frequency of certain items are more the issue, below.**
        - Recommendations / Requests
            - **Alternate Meals**
                - **Discussion about the alternate/second entree meals and their cadence:**
                - **Although he chicken sandwich and Pizza are both very popular, they have been run as the alternate several consecutive days in a row, and the students are getting burned out.**
                - **Dr Natt suggested that on Fridays, pizza is always the second choice. Wednesday is ok, too – but no more than that per week. The group agreed that Fridays main entrée can also be a simpler item, like hamburgers.**
                - **Can we stick to Monday-beans, Tuesday-Latin themed, Wednesday a large home cooked style meal, Thursday can be chicken based soul food style larger meal. This way the big more elaborate meals are Wed/Thurs.**
                - **New types of salads and more frequent salads as second entrée would be good.**
            - **Understanding the whole grain requirement, how can we balance meeting the standards with helping students accept the WG items and also satisfy preferences with items that are traditionally enriched?**

        - **Wraps: Students pull the filling out of whole grain wraps. We don't want whole grain items to deter students from eating a full meal in this way.**
        - **Can we have less whole grain wraps and get whole grain requirement in a different way?**
            - **Examples: The brown rice is acceptable in jambalaya, as is spaghetti bake.**
    - **Healthy eating and preferences that the current menu doesn't meet is Helix Mentorship student preference for salads.**
        - **Can we have more salads? The students eat a lot of salads, and it is not a regular alternate this year; about once a week.**
    - **Breakfast Suggestions:**
        - **Potato bowl would be good for additional items.**
        - **Stuffed Hashbrowns**
        - **Take off Breakfast burrito**
        - **Breakfast Pizza**
    - **Fruit**
        - **Please continue with variety of fruit whenever possible--grapes, kiwi, plums have been very popular in the past.**
        - **Sliced apples even at HS level are very popular and easy to snack on.**
4. Wellness Policy: What is it? **Discused the policy and its elements.**
5. Wellness Goal for the year
    a. **Change second entrée offerings to limit chicken sandwich and increase salad offerings, as this healthy eating habit is already established with the students and they would like more salads.**
    b. **Vary the breakfast entrees with the items suggested above to keep participation strong.**
    c. **Post updated Menus in common areas of the school.**
    d. **Increase discussions among students during meal services about preferences to stay in tune with students' likes and dislikes.**
6. Next Steps & Next Meeting
    a. **Next Steps – SLA to follow up on fall and winter menus to implement goals for new entrees and different second entrée cadence.**
    b. **Next Meeting Date – Spring 2027**