

# Student input helps dieticians plan cafeteria menus

By Lisa Broman

If you are one of the many dissatisfied customers who eats in the residence halls and continually complains of its quality, make your presence known and you may stimulate change.

"Student response does play a part in our meal planning," said food service director Douglas Rix. "We are able to determine favorites and plan accordingly."

Feedback is obtained from students and given to the chief meal planner, who composes a schedule based on student response and principles of nutrition and food balance.

"We try to make nutritionally balanced meals available," Rix said, "but in most cases students select unbalanced meals because a choice, and not a set meal, is available to them."

Ruth Frahm, dietician for the housing office, works on a schedule of three cycles per year. Each, requiring five weeks to run their full course, are repeated two to three times.

### Choices emphasized

"We try to emphasize variety and choice as much as possible," Rix said, "so we work with a cycle for the fall, winter and spring."

Most food, except bread and supplies ordered for special occasions, is ordered from a central food store.

"Quantity purchasing is our way of saving money and passing our savings on to students," Rix said.

He said \$2.80 is charged per student each day for board purposes, but \$1.57 actually is spent for the students' food. The amount exceeding food costs goes to pay salaries, administrative costs and other overhead expenses.

A combined total, from all the residence halls on the UNL City Campus, shows that an average of 2,500

students attend breakfast, 4,300 attend lunch and 4,300 attend dinner.

How can 4,300 people be fed and satisfied by a single recipe each day?

### Cooking difficult

"It is difficult to cook in such a large quantity," said Selleck food service director Jean Doyle. "It takes time to accustom oneself to this practice because when changing a recipe to fit the quantity needs, you can't just multiply by the number of people to be served to increase the volume."

"You must increase by a diminishing amount because ingredients like salt decrease in volume necessity as the number of servings increases."

A recipe file is kept by all the residence halls with basic recipes obtained from two major sources, "The Wenzel Menu Maker" and "Food For 50."

"Recipes come from all over, from employees and personal collections," she said, "and they are continually being worked on and expanded."

The favorite foods are hamburgers, lasagna, French fries and homemade soups, Doyle said.

"We do not have a specific food on a specific day," he said. "If that occurs it is purely coincidental."

"I don't think that the food is bad for cafeteria food," said sophomore Holly Cooper, "but everything is terribly bland and greasy."

Lack of taste also was mentioned as a cafeteria weakness by freshman Sue Dwyer.

"I realize that it is difficult to fix good food for so many people," she said, "but the food is still bad because it has no taste."

"For the amount of food they have to serve, I think that they do a good job—variety-wise," said freshman Kris Jensen.

"You really can't expect that much from institutional food," she said, "but I do wish that the food would be less starchy."

"I think that one of the reasons that people don't like the dorm foods," said freshman Patty Kraus, "is because they hear from the time they come to school that the food is bad so they have a poorer attitude to begin with."



Photo by Ted Kirk

Finishing touches are applied to some of the thousands of food items prepared daily by UNL food service personnel.

# Hosts are needed for orientation

The UNL Student Activities Office is looking for 14 students to act as hosts for 1977 new student summer orientation, according to Barb Berry, new student orientation administrative assistant.

Students can apply for hosts in the Student Activities Office, Nebraska Union 200.

Berry said the hosts must be undergraduate students with speech, communication and leadership skills. The 14 hosts should be able to work with faculty members, parents and administrators, she added.

The student hosts will work with incoming freshmen and transfer students and their families to familiarize them with UNL, Berry said. They will conduct campus tours and talk individually with students about their

colleges.

In addition, she said, the hosts will prepare "mini sessions" about campus activities and services, and help new students go through drop and add and find faculty advisers.

Orientation participants also will be taken to lunch in Harper Hall so they can get an idea of what dormitory living is like, she added.

Student hosts receive \$500 plus room and board for the five weeks of orientation and one week of training.

Training sessions each week of second semester will teach the hosts more about their colleges and introduce them to some persons they will be working with, Berry said.

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