



An Interview with Susan Miller Supervisor of School Nutrition, Cleveland City Schools, Tennessee

Nestled in the heart of the country, Cleveland City Schools celebrates Fish Friday every week by offering a variety of creative dishes for students. Their “Lunch Around the World Menu” features fun fish favorites such as fish and chips, a potato crunch fish fillet, and a fish fries taco—all made with Alaska pollock.

Strategies for Success

Susan supervises the overall operations of the school nutrition services at Cleveland City Schools, and credits her fantastic team as a key part of their success with seafood. Whether it’s developing new recipes to make fish kid-friendly or practicing preparation to ensure quality meals, Susan’s team is clearly a well-oiled nutrition machine.



The following are Susan’s key tips for success with seafood:

Develop Recipes That Work for You

Offering fish in a way that engages students is crucial to success fully serving fish once a week and keeping interest high. In Tennessee, it’s even more important to focus on quality and taste as students are not as likely to have grown up eating fish as their coastal counterparts. Susan and her team experiment with different recipes until they find the best ones that combine taste, nutrition, and fun.

Keep the Variety Coming

Variety is important when serving fish each week – you don’t want students to become bored with the same fish sandwich every Friday. To keep things more fun and engaging, Susan developed the “Lunch Around the

World Menu” that cycles three different Alaska pollock recipes on Fridays throughout the fall semester, and three different recipes in the spring. She observes that, “cycling menu items means that kids can have repeats of their favorites and try new things as well.”

Remember Why It’s Important

While fish may seem like just another protein, it provides additional benefits that other proteins can’t, like heart-healthy omega-3s. When struggling to engage students with fish, remember that perseverance is key and it’s important for kids to receive the nutritional benefits of eating fish. “The Alaska pollock we serve is a welcome alternative to often over-processed proteins like chicken nuggets,” says Susan. The Genuine Alaska Pollock® products available for schools are made with whole fillets, frozen only once and never thawed before they reach your school to ensure maximum quality.

A Little Encouragement Goes a Long Way

Susan is adamant that kitchen staff get proper training and plenty of support when cooking new seafood recipes. “Trainings are definitely time well spent because staff gets comfortable with preparation and can produce a quality meal for students that isn’t overcooked,” notes Susan. “Batch cooking is important so that when the fish is served, the inside is flaky and tender and the breading is crispy.” Sometimes it takes some troubleshooting to get it just right, but Susan is willing to take the time to practice, train, and encourage to ensure quality meals for her students.



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*Great Fish
for Great Kids!*