

## CAFETERIA SALAD BAR

Every cafeteria features a daily salad bar of fresh, local produce. The salad bar is an easy way for your student to load up on healthful foods. Every student who purchases a school lunch is encouraged to take at least a 1/2 cup of fruit and/or vegetable.

Throughout the week, our cafeterias must offer five subgroups of vegetables: dark green vegetables, red or orange vegetables, starchy vegetables, beans or legumes, and a bonus category which typically includes celery, cucumbers, and cauliflower. For fruit, we offer whole fresh fruit, canned fruit in juice, or dried fruit. Our goal is to offer a little of everything and leave the choice of what to take up to the student. Hopefully, this promotes consumption and minimizes food waste.

Student year-round favorites are baby carrots, individual bags of sliced apples, cucumbers, and dried cranberries. Winter and spring favorites are tangerines and kiwis, while summer favorites are strawberries, blueberries, and peaches!

## NUTRITION TIP

A great way to get a well-balanced and varied diet is to incorporate fruits and vegetables of different colors, such as green beans, purple potatoes, red raspberries, and yellow bell peppers. Each color carries its own set of vitamins, minerals, and antioxidants.

Beyond the health benefits, it's a fun challenge to eat as many different colors in a day and an opportunity to try new varieties of fruits and vegetables.

This spring, we hope our students are able to spot a few rainbows in the sky as well as on their plate!

## MENU FEATURE: THREE CHEESE CALZONE

Students love this whole-grain, scalloped-edge crust packed with a rich tomato sauce and a blend of mozzarella, Parmesan, and Romano cheeses. Easy to eat and always hits the mark!



## SUPPORTING FARMERS WITH SCHOOL LUNCH!

*Farm to Table...and Table to Farm*

Through the district's participation in the National School Lunch Program, we gain access to a variety of commodity foods. Commodity foods range from fresh produce to canned garbanzo beans to brown rice to frozen fruit to the cheese in our Land O' Lakes macaroni & cheese. Every spring, districts receive a list of available commodity foods and are able to request specific products for the following school year. These requests are managed by the USDA and dictates what is grown by farmers the remainder of the year.

All commodity food is grown and processed in the United States and is purchased with federal funding provided to schools participating in the lunch program. The benefit is two-fold: districts receive funding for providing nutritious meals to students and utilization of commodity goods by these same districts support American agriculture. That means, every student who buys a lunch is making a positive impact on our economy - now that's food for thought!

## MEAL ACCOUNTS

Spring cleaning is a great time to tidy up your student's lunch account!

Take care of any negative balances by making an easy, online payment in Titan School Solutions via the Aeries Parent Portal! You may also set up low balance reminders or recurring payments.