



Food Service Facts

- All of our Food Service Staff are Serv Safe Certified within their first year of employment.
- All Recipes are entered into Nutri-Kid software to be analyzed, to ensure that all state and federal guidelines for nutrition are met. Our goal is to meet or exceed the guidelines, limiting saturated fat and to increase protein. This software is used by the state and is the recommended program.
- Everything is steamed, baked, saute'd or roasted
- All of our potato products are baked.
- Salad Bar is available up to 4 times a week. Offering mixed salad greens made up of romaine, baby field greens, and spinach. Up to nine other assorted vegetables, two proteins offered daily on a rotating basis: feta cheese, shredded cheddar cheese, cottage cheese, diced ham, diced chicken breast, peanut butter, sliced egg, tuna and or egg salad. Grains offered are sliced whole grain bread, homemade croutons and occasionally whole grain pita pockets.
- We participate in the Farm to School initiative and purchase from two local farms right here in Weare and Henniker. We are looking to purchase even more from local farms as they become aware of our interest in locally farmed items.
- Available daily are fresh fruit bowls, fruit and yogurt parfaits, along with fresh subs and sandwiches. These Items can be combined as a complete breakfast/ lunch in addition to being purchased ala carte.
- All cereals, snacks, frozen treats, and drinks are A-List approved products. This means that they have all been analyzed and meet or exceed the federal guidelines for a healthy snack.
- We spend many hours researching new and healthy products, going to food vendor shows or having them come to us, so we may offer a variety of flavorful healthy entrées and snacks.
- The Government Meat Commodities that we serve here at John Stark are of very high quality. We only order meats with no fillers, 100% beef burgers, whole turkeys, turkey roasts, whole pork roasts, 100% bulk ground beef. This allows us to make many entrees from scratch and cut back on the processed foods served.
- Government commodity cheeses we use are 100% mozzarella and 100% reduced fat Cheddar.
- 90% of the fruits and vegetables served here at John Stark are fresh or frozen, not canned.
- All fruit juice is 100% fruit juice.
- We offer fat free/no HF corn syrup chocolate, coffee and strawberry milk, 1% white milk, skim milk and Lactaid milk for the lactose intolerant.
- We are Healthy US School Challenge award winners and a team Nutrition School.
- We are a self sustained department within the school.