



Nutrition Services Update

Supporting learning by promoting healthy habits that will last a lifetime!

- Elementary and middle students try new fruits and vegetables by having a mystery produce item sample almost every month. This month's item is... Mango! Available to sample on February 21st.
- All schools are using a homemade, no salt or sugar-added and preservative free taco seasoning on all taco entrees and a salad; and we are working to use more varieties of herbs and spices to flavor food.
- We have introduced a new salad at both the high school and elementary/middle levels (Southwest and Chicken Taco respectively). Give it a try when it is served at your school next time!
- We are conducting student taste tests on entrees and side items prepared using a speed-scratch cooking method (instead of entirely ready-to-eat) in an effort to get more successful items on the menu.
- We already serve a variety of fruits and veggies every day in our cafeterias; we are working on promoting the consumption of these crucial components by experimenting with roasting vegetables and serving more seasonal produce in the months to come.