

THE SCOOP on NUTRITION

September/October 2018

The Nutrition Group

www.TheNutritionGroup.biz



Welcome back to another great school year!

The Nutrition Group is pleased to be your school's Food Service Provider. We know the beginning of the year can be stressful getting children use to regular bedtimes, homework and a routine.

All meals served in your school cafeteria are carefully crafted to offer students nutritious, delicious choices including whole grains, lean proteins, and a variety of fruits, vegetables and legumes.

Did you know your cafeteria is serving *Munchables* that are similar to Lunchables but without all the sodium, fat, calories and sugar? Check your school's menu for weekly *Munchables* selections.

When students choose 3, 4 or all 5 of the components offered, his or her meal meets one-third of the vital nutrients they need to grow and learn.

Be sure to check out the Nutrislice app on your school's menus. This digital platform allows you to view menus and take a closer look at nutritional and allergen information.



Chef Basil's Wellness Wednesday

This signature program is a huge hit with students. Throughout the school year a sampling table will be set up in the cafeteria where students may try a complimentary sample of a healthy new recipe. Students who try the featured recipe will receive a colorful Chef Basil sticker.

Tasty Bites

Tasty Bites introduces students to familiar ingredients, but with a tasty twist. Every month a fun, creative recipe will be featured in the cafeteria. All recipes meet one of the 5 components of a reimbursable meal. Check your school's menu to see this month's *Tasty Bites* recipe.



Farm To Fork

Our *Farm To Fork* program brings locally sourced apples from local apple growers. This allows students the opportunity to taste a variety of apples weekly. Be sure to ask your child what his or her favorite apple they tasted in the cafeteria.



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