

DID YOU KNOW?

April 2017



This institution is an equal opportunity provider.

We are committed to staying on top of all current health trends and regulations to serve the best and most nutritious meal for your student. In accordance with the National School Lunch Program (NSLP), our menu is 100 percent trans fat-free. Additionally, our menus are designed to ensure that students receive a balanced meal consisting of foods from all major food groups, in the right proportions, to meet calorie and other nutrient needs.

NUTRITIONAL FACTS:



FATS—Fats are essential to a healthy diet, but fats can be either good or bad. Good fats provide energy that the body needs, and they help us absorb vitamins and nutrients.

TRANS FATS—The major source of these fats in the diet are partially hydrogenated oils. Trans fats have the same negative health impact as saturated fats because they raise your LDLs (bad cholesterol). Most processed foods have high amounts of trans fats.



HEALTHY FATS IN MY DIET—Most of the good fats come from fish, nuts, vegetable oils, and other plant foods like avocados. Eating a diet high in these foods is a great way to increase healthy fats in your diet and your body.

All potatoes served, such as french fries and tater tots, are never fried in oil, but rather baked for a healthier option. Give them a try!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.