



## FOOD AND NUTRITION PHILOSOPHY

- Menus are created on your campus, specifically designed for your dining facility and your community's needs. Parents and students are welcome to tour the foodservice facility and their suggestions are encouraged.
- Our Nutrition Specialist is available to review menus, consult on disordered eating habits, to provide nutrition education and assist communities that need to become more "aware" of particular dietary concerns such as allergies, celiac disease and food sensitivities.
- We prepare our foods from whole fresh ingredients, limiting the use of processed foods and avoiding products containing artificial flavorings, M.S.G., preservatives and high levels of sodium.
- We use minimal amounts of fat in food preparations. We primarily use olive and canola oils, which have a healthier blend of fatty acids than other cooking oils. Non-hydrogenated canola oil, which does not contain trans fat, is used for fried preparations.
- Our salads are prepared fresh on premise. Low-fat dressings, cheese, and yogurt are available daily.
- 100% fruit juice, low-fat milk and water are available daily.
- Seasonal fruits and vegetables are offered daily, utilizing local farmers practicing ecologically responsible farming methods whenever possible.
- We serve seafood purchased in accordance with the Seafood Watch guidelines for sustainability.
- We purchase meats graded "choice" or higher. Where space and facilities permit, we roast our deli beef and turkey on premise.

EAT  
LEARN  
LIVE