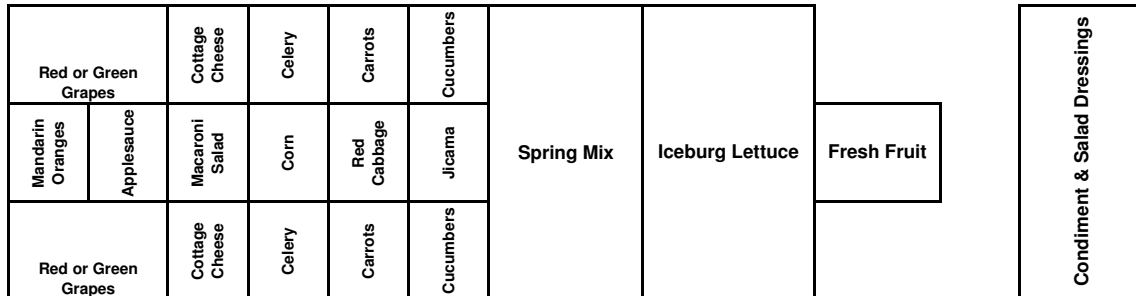


SALAD BAR



We are pleased to announce that the salad bar will have more fresh vegetables and fruit than ever before!

- * We will feature 5 fresh cut vegetables every day in addition to other canned vegetables.
- ** We will feature 5 fresh fruits every day in addition to other canned selections.
- *** We will offer "Premium Spring Mix" every day in addition to Iceburg Lettuce.
- **** We will feature one prepared salad such as Macaroni or Potato and either Cottage Cheese or Yogurt. Salad Dressings will be "Fat Free" or "Reduced Calories"

Iceburg Lettuce

- *** Spring Mix Greens - (Baby Red Romaine, Royal Red Oak Leaf Lettuce, Lolla Rosa Lettuce, New Red Fire Lettuce, Baby Red Leaf Lettuce, Tango Lettuce, Little Gem Lettuce, Baby Green Romaine Lettuce, Romaine Lettuce, Green Oak Leaf Lettuce, Baby Green Leaf Lettuce, Mizuna, Tatsoi, Red Mustard, Green Mustard, Red Chard, Green Chard, Arugula, Baby Spinach, Radicchio, and Frisee)
- Fresh Cucumbers or Broccoli - (Depending on seasonal availability)
- * Jicama - (Cut)
- * Shredded Carrots
- * Red Cabbage or Green Cabbage
- * Celery - (Cut)
- * Corn, Peas, Green Beans, Waterchestnuts, or Olives - (Rotation)
- **** Macaroni or Potato Salad
- **** Yogurt or Cottage Cheese
- ** Rotation of Mandarin Oranges, Applesauce, Sliced Pears, Sliced Pineapple, Apricots, Peaches, or Mixed Fruit
- ** Red or Green Grapes
- ** Apples, Oranges, Bananas, Nectarines, Plums, Peaches - (Depending on seasonal availability)

My staff and I are committed to offering your child more variety and freshness than ever before. I look forward to your feedback as we continue to enhance our healthier offerings for the school year. Various selections may vary depending on quality and availability.

Thank you

Rick Tota

Director of Nutrition Services