

# Farm to School

## Bringing Farm Fresh Products to Students

The Farm to School Program in Palm Beach County continues to flourish. We have been purchasing locally grown produce since 2006 and offer a wide variety of fruits and vegetables to include corn cobbettes, squash, zucchini, green beans, carrots, oranges, strawberries, grape tomatoes and mini sweet peppers.



# Nutrislice

The School Food Service Department utilizes Nutrislice, an innovative web-based program, to provide users the ability to receive menu information. Specific information about each item that is being offered including photos, descriptions, nutritional and allergen information is available as well. Parents and students have the opportunity to view the menus specific to their school. Users can view the district menus by visiting the School Food Service website or by downloading the free "School Lunch" iPhone and Android app.



## School Meal Prices:

- Breakfast is Free for all Students
  - Elementary School Lunch = \$1.95\*
  - Middle School Lunch = \$2.20\*
  - High School Lunch = \$2.20\*  
(Reduced Price Meal \$0.40)
- \* Meal prices subject to change

## Special Dietary Needs:

Each year, School Food Service reviews the ingredients of each food item offered in the cafeterias to identify potential allergens and/or intolerances. Allergy and other special dietary needs information, such as carbohydrate counts and meal preferences, is available on the School Food Service website Special Dietary Needs page.



Contact the School Food Service Department:  
**(561) 383-2000**

[www.palmbeachschools.org/sfs](http://www.palmbeachschools.org/sfs)

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# Spotlight on Healthy School Meals in Palm Beach County

For The 2014 - 2015 School Year



## Kids First

[www.palmbeachschools.org/sfs](http://www.palmbeachschools.org/sfs)



School Food Service Department  
3661 Interstate Park Road N., Suite 100  
Riviera Beach, FL 33404

The School Food Service Department in Palm Beach County offers students the opportunity to select nutritious meals every day for breakfast and lunch. We ensure that the meals offered and served meet or exceed the criteria established by the United States Department of Agriculture (USDA) and are designed to provide students with proper nutrition specific to their age.



# it's Lunch Time



For lunch, students have the opportunity to create a meal from a variety of food groups. The food groups include:



Students may select a minimum of three or four or all five of the above food groups to complete their meal. At least one of the selections must be from the fruit or vegetable group.

The Healthy, Hunger-Free Kids Act requires school districts to meet the following requirements: Calories from total fat will not exceed 30%

- Calories from saturated fat will not exceed 10%
- Items will not contain trans fat
- Offer a variety of vegetables and fruits
- Offer a variety of low-fat and fat-free milk
- 100% of all grains offered are whole grain rich
- Implement sodium reductions

In addition to the federal requirements, Palm Beach County provides the following services:

- All menus are designed and analyzed by registered dietitians
- Offer a variety of locally grown produce through our Farm to School Program
- Offer 100% fruit juice with no artificial coloring with added vitamin D and calcium fortification
- Every effort is made to eliminate products containing high fructose corn syrup (HFCS), food dyes, and monosodium glutamate (MSG) *\*Food enhanced for photography, garnishes not included*

## FREE Breakfast

For breakfast, students have the opportunity to create a meal from a variety of food groups. The food groups include:



Students may select a minimum of three or all four of the above food groups to complete their meal. At least one of the selections must be from the fruit group.

