

# Did You Know?

At South Kent School we have implemented many progressive and innovative practices that embody a healthy, safe, and sustainable dining lifestyle.

- We prepare our foods from whole, fresh ingredients; limiting the use of processed foods and avoiding products containing artificial colors, flavors, preservatives, and high levels of sodium.
- We offer whole grains as options on our salad bars and as side dishes on the hot line.
- We only serve chicken and turkey that have been produced with the restricted use of antibiotics.
- We use minimal amounts of fat in food preparations. We use olive and non-hydrogenated canola oils which have more monounsaturated fat and less saturated fat than other cooking oils. Our oils do not contain trans-fats.
- We have made a commitment to serve fresh milk only from cows that have been certified to be free of the artificial growth hormones rBGH/rBST.
- Our soup bases are low-sodium and do not contain Monosodium Glutamate (MSG).
- Our salad bar items are prepared fresh on premise. A selection of house-made dressings, cottage cheese, and low-fat yogurt are available daily. Our salad bar also features at least one whole grain salad daily.
- We purchase meats graded “choice” or higher. Our turkey and roast beef are nitrate free and roasted in house. Our ham is low sodium and all products are free of Monosodium Glutamate (MSG), fillers and gluten.
- We use china and stainless steel flatware to reduce paper and plastic consumption.
- We feature organic, local, and Fair Trade fruits and vegetables as availability & pricing allow.