



TIPS FOR A NUTRITIOUS SCHOOL YEAR!

1 DOWNLOAD NUTRISLICE

The Nutrition Group has partnered with Nutrislice to make menu viewing simple. Go to your app store or Google Play to download the Nutrislice app for **FREE** to view your school breakfast and lunch menus.

2 MAKE BREAKFAST A PRIORITY

Eating a healthy breakfast is the best way to start the day! To encourage students to fuel up before their school day starts, The Nutrition Group provides multiple Breakfast programs from traditional breakfast served fresh in your cafeterias, to breakfast carts bringing nutritious meals directly to your child, making it easy for them to choose to eat. Check your menu to see what's available at your school!

3 ASK HOW YOUR CHILD EATS AT SCHOOL

We are always thinking of ways to break the traditional food service barriers with our healthy and innovative food programs. These programs reflect what your child wants to eat and makes food not only delicious but exciting!



* GET TO KNOW OUR * PROGRAMS



Lunch for Life is a 3-day event to welcome first year full-day students into the cafeteria with a complimentary lunch, make them feel special and introduce them to the tastiest time of the day!



Our signature concept **Farm to Fork** offers fresh produce from local sources in school districts every year starting in the Fall! We partner with local farmers to bring fresh produce into your cafeteria.



Wellness Wednesday encourages elementary students to sample well-balanced recipes featuring colorful vegetables, legumes, and seasonings. Students who try these recipes are rewarded with an "I Tried Something New" Sticker.



Tasty Bites are aimed at growing students' interest in new and exciting foods and prove that healthy foods can be delicious and delightful!



Delicious chef-crafted home style recipes are offered through **Recipe of the Month**. These recipes have been taste tested and approved by students at various schools over the past year.



Molly the Cow, one of The Nutrition Group's educational characters, visits schools to share *moo-ving* messages about the importance of making healthy food choices.



Calvin the Calf, like Molly, visits schools to promote eating calcium rich foods and a variety of fruits and vegetables to help students grow and stay focused throughout their school day.



VIEW US ON:





Chef Basil's Wellness Wednesday

Color the ingredients Chef Basil needs to make his recipe delicious!

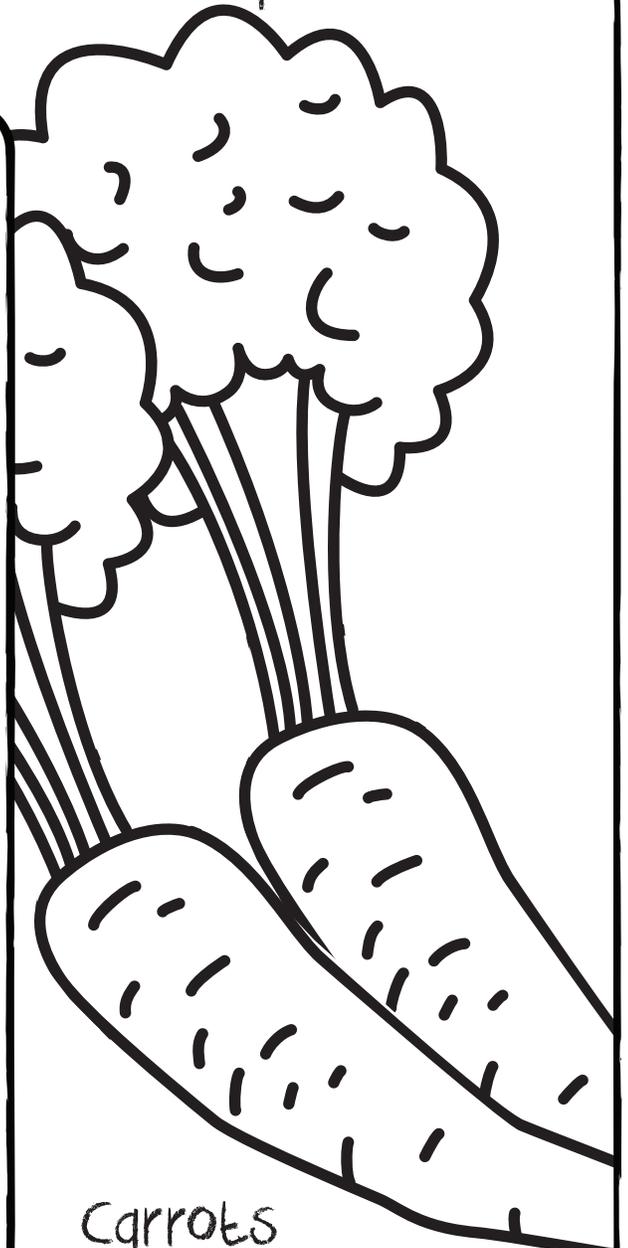
WORD SEARCH

Help Chef Basil find these words that make his recipe tasty!

WORD LIST

Carrot, Roasted, Italian, Dressing, Olive Oil, Salt, Pepper, Oven

H	O	V	E	N	N	H	H
O	R	O	A	S	T	E	D
J	C	S	A	L	T	B	B
L	I	O	E	V	I	L	O
G	N	I	S	S	E	R	D
I	T	A	L	I	A	N	N
P	C	A	R	R	O	T	T
N	J	P	E	P	P	E	R



Carrots