

Nebo School District Nutrition Services

Did You Know???

- We offer fresh fruits and vegetables at every lunch. We have a variety including kiwi, strawberries, cucumbers, & cauliflower.
- We add spinach into our salad mix. It adds extra color, extra vitamins, & the kids love it!
- We serve low fat sauces & condiments.
- Our entrees are low in fat and in sodium. We are constantly looking for ways to lower these even more.
- We do not use deep fat fryers.
- All of the milk offered has a milk fat of 1% or is fat free.
- While we still offer some desserts, we no longer place them on every tray. A fruit or a veggie now takes the place of the dessert on the tray!

EAT BREAKFAST!

We serve a healthy breakfast every morning before school. Studies have shown that eating breakfast helps students focus better in the classroom, score higher on exams, and perform better in athletics!



Our meals are made with more than 51% whole grains. Whole grains keep our students full and focused.



The Nebo School District Child Nutrition Program has been keeping busy looking for ways to revamp the lunch and breakfast menus to give your children healthier options at school.



**School Meals are not only affordable,
but delicious & nutritious!**
Visit our website for more information!
www.nebo.edu/food-services

