



# Fleming County Schools

## Food Services

### New Programs from School Food Services!



The Food Services Department is made up of a team of food and nutrition professionals who are dedicated to students' health, well-being and their ability to learn. They are taking the lead to promote Nutrition and Fitness for our students. Check out our district's interactive and user friendly School Nutrition website at [FlemingSchoolMeals.com](http://FlemingSchoolMeals.com) and learn how you can eat right and stay fit! **Scan QR Code at left for School Food Service Website...**

Good nutrition leads to great academic performance. When your nutritional needs are met it is easier to focus and learn. When you are physically fit you are more alert, more positive and enjoy a better quality of life. Combine good nutrition with physical activity and you will have a winning combination to succeed in school.

School Food Service Director Jan Anderson and her team are **Educating and Inspiring Excellence** for our students by promoting health and fitness as well as our district's Wellness Policy. Along with information about meal components, menus, meal applications, and online payments...you will find interactive nutrition lesson plans, nutrition videos, nutrition games, fitness calculators, fun activities, and healthy recipes...and it is all updated quarterly!

Now Nutrition Information right from our menus is a cinch! Hovering over menu items reveals that item's nutritional information, allergens, and allows students to rate menu items... our goal is a 5 Star rating for our 5 star meals focused on meeting and exceeding USDA guidelines. Sign up to have menus emailed to you each month from our website's GoingGreen program!



**Check out nutritional information and our School Nutrition Mobile App on the go! Web menus by ISITE in the app stores is a free mobile app.**

New!  
Free Mobile Menu App



Download our NEW- FREE Mobile App for Interactive Nutritional Menus at your fingertips, make online payments and more!



Eating healthy is a serious concern. The incidence of overweight children, Type II Diabetes and other health concerns are on the rise and are directly related to poor eating habits and lack of exercise. Learn what you should be doing about it on our website or check out parent newsletters, nutritional information, and more on our Mobile App!

Make Meal Payments from our website by going to [FlemingSchoolMeals.com](http://FlemingSchoolMeals.com)

At Fleming County Schools it is **Cool to Eat at School** and School Food Service is committed to helping you form the healthy habits today that will last a lifetime!