



REAL SCHOOL LUNCH

Since 2004, Acre - Real School Lunch™ has been cooking from scratch using only the best ingredients. We start with foods kids like and trust, and apply a healthy culinary approach. You won't find premade frozen-and-reheated foods in Acre kitchens! Daily offerings include housemade soups, a salad bar filled with a rainbow of seasonal selections, a sandwich station with locally-sourced offerings, a 10-Week Menu filled with time-tested and student-approved favorite entrées, and accommodations for dietary allergies and restrictions. A hallmark of the program is our ability to cater to special diets. Comparable iterations of our main menu items, entrées, and sides are offered daily to ensure vegetarian, vegan, gluten-free, dairy-free, egg-free, and pork-free eaters are able to enjoy the full menu, as well.

Our tried and true signature lunch options offer diversity, while still being familiar and accessible to less adventurous palates. Acre delivers a delicious, balanced meal for all palates! We are committed to cooking with seasonal ingredients, and are enthusiastic supporters of local food growers and purveyors. We strive for a minimally processed menu, relying upon simplicity and popularity. Our friendly staff is always present in the lunchroom to uphold our high standards and assure everyone's satisfaction.

"Real School Lunch"
Core Values

Health Education Community Sustainability

We believe that lunch time at school is not only a time to nourish, but also a time to educate and build community. "Real School Lunch" is an opportunity to educate students' palates to seasonal eating, as well as to explore sustainability through programs such as recycling, composting, and zero food waste. A daily experience of delicious, balanced meals celebrates healthy eating habits, curbing kids' reliance on processed and sugary foods. As numerous studies have shown, a healthy diet supports a positive outlook while enhancing a student's capacity to stay focused and engaged. Additionally, the school's dining room, with a successful lunch program, offers the potential to recreate the "family meal," a tradition that is key to fostering community. A strong community nurtures the individual.

Acre - Real School Lunch – Guiding Principles

- Cook food from scratch
- Keep food choices inclusive of particular health and diet needs
- Support local farms by purchasing local and organic ingredients
- Use free-range meats and poultry, raised without the use of hormones and antibiotics
- Use only natural, non-hydrogenated oils in our cooking and dressings
- Serve food fresh and hot, not reheated
- Tailor the program based on valuable eater feedback
- Respect the environment through sustainable practices

Acre - Real School Lunch – Goals for a Better Food Culture

- Educate and empower kids through the experience of eating real, healthy, local food in its true season
- Create dining areas that promote collegiality, conversation, friendship, and joy
- Consciously integrate sustainable principles into the dining culture



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- Familiarize eaters with the local farms whose produce they are currently eating
- Demonstrate zero-waste efforts such as proper composting and recycling practices
- Partner with local food donation programs like Food Runners and ExtraFood
- Present special tastings on a seasonal basis to educate and engage students and encourage them to try something new

Acre - Real School Lunch – Menus

- Greatly exceed USDA guidelines for nutrition
- Are formulated in conjunction with registered dietitians
- Are low in sugar and free of trans fats
- Are continually changing and offer a wide variety of healthy choices within each meal
- Embrace cultural diversity
- Are appetizing to a younger palate
- Pay special attention to vegetarian and vegan options and all dietary/allergy concerns

For more information about Acre - Real School Lunch, please visit: <http://www.acregourmet.com/>