



SCHOOL LUNCH PROGRAM FACTS

TAHER INC.

Nourishing the minds
of the future.

Did You Know?

Our Recipes/Ingredients:

- Contain no Trans Fats
- Are MSG FREE (Monosodium Glutamate Free)
- Are lower in sodium

Our Fruit & Vegetable Bars:

- Offers 5 choices per day:
 - Take what you can Eat
 - 3 Fresh Vegetables
 - 2 Fruit Options; fresh and canned
- Offers a Legume weekly to introduce them to students
- Examples: Pinto Beans, Black Beans, Chickpeas

Our Menus Include:

- Made-from-scratch recipes
- Less processed foods
- More than 80% of the grains offered are whole grain
- Multiple menu choices at the Primary & Intermediate Schools
- Multiple menu choices at the Secondary Schools

Our Farm to School Program:

- Offers locally grown, fresh produce when available.



Our Chef-Inspired Program:

- Use the expertise of our Chef Council to introduce new foods to kids, enticing them to try recipes out of their comfort zone.



School Lunch is the best deal in town:

It's typically cheaper than what you can pack in a bag to bring to school. It's less processed, often made-from scratch, and offers more variety in fresh produce. Students can take more than one serving from the fruit and vegetable if they want.

Schools offer breakfast and lunch to every student every school day.

This institution is an equal opportunity provider.