

Nutrition Bites

Happy SPRING from the Palouse Kitchen!

As days grow longer and the weather warms, we're celebrating spring with fresh, local foods and a vibrant salad bar! It's the perfect time to enjoy crisp, healthy flavors. Ask your kids about the rainbow on their plates



In addition to our colorful salad bar, we're highlighting how scratch cooking helps us serve healthier school meals. By cooking from scratch, we reduce added sugars and sodium, meet upcoming nutrition standards, and still offer tasty dishes kids love. We also include whole grains like brown rice and whole wheat pasta for heart health and steady energy. Thanks to the Healthy Meals Incentive Grant, we're expanding these efforts to bring fresh, nourishing meals to students every day.

"The scratch cooking and the fresh fresh fruit and vegetable bar are wonderful to see."

- Debra Calhoun, SNS



By choosing healthy, scratch-cooked meals made with fresh, local ingredients, we're nourishing our students' bodies and minds - one delicious bite at a time.