

What's Cooking This School Year?

Healthy meals. Cleaner ingredients. Great taste.



SIMPLER INGREDIENTS, SAME GREAT MEALS

We've simplified ingredients by removing select additives and artificial dyes—while maintaining the meals students love.



STUDENT-APPROVED HEALTHY MEALS

Meals are designed with student feedback and built to meet USDA nutrition standards—supporting energy, focus, and growing bodies.



FRESH INGREDIENTS, LOCAL FOCUS

We prioritize fresh ingredients and source locally whenever possible—supporting both student wellness and our communities.



MORE TO LOOK FORWARD TO

Global flavors, limited-time menu features, school promotions, and taste tests keep meals fresh and exciting all year long.



FREE MEALS FOR 2026-27!

Payments

Students are charged for snacks, additional entrees and extra milk.

**MY
SCHOOL
BUCKS**

www.myschoolbucks.com

**Menus
nutrislice**

www.shermanisd.net/menus

Questions?

[www.shermanisd.net/
departments/student-nutrition](http://www.shermanisd.net/departments/student-nutrition)

or

(903) 891-6426

What's Not On the Menu this Year?

We're taking another step to simplify our ingredients and focus on foods that support your students' health and well-being. While we **already avoided many of these ingredients**, we're now making sure they're removed from our menus.

Here's a quick look at what's changing—and what it means for your students:

Category	Ingredients Removed	What It Is	Where It's Found	What You (and Your Student) Might Notice
Dough Conditioners & Processing Aids	Azodicarbonamide, Potassium Bromate	Helps improve bread texture and shelf life	Buns, rolls, breads	Bread may look less uniform and have slight texture differences
Preservatives & Stabilizers	BHA, Propylparaben	Helps extend shelf life	Packaged snacks, baked goods, some oils	Simpler ingredient lists and more freshly prepared foods
Beverage & Texture Additives	Brominated Vegetable Oil (BVO)	Keeps citrus flavoring mixed in drinks	Some flavored drinks	Drinks may look less cloudy or not as evenly mixed
Color & Appearance Additives	Titanium Dioxide, Caramel Color	Adds or deepens color in foods and drinks	Sauces, baked goods, beverages, syrups	Foods and drinks may appear lighter or less consistently colored
Artificial Food Dyes	Blue 1, Blue 2, Citrus Red 3, Green 3, Orange B, Red 40, Yellow 5, Yellow 6	Adds vibrant color to foods	Drinks, desserts, snacks, cereals, condiments	Colors may appear softer and more natural, with slight variation