

WHY IS THERE A SALAD BAR

AT LUNCH?

CHOOSING FRUIT AND VEGETABLES AND

LOW-FAT MEAT AND DAIRY FOODS IS

GOOD WAY TO MAKE SURE YOU

ARE GETTING ALL THE NECESSARY NUTRIENTS

YOU SHOULD BE EATING

FOR YOUR GROWING BODIES.

OUR MAIN SCHOOL LUNCHESES EVERYDAY

PROVIDE THESE NUTRIENTS ALSO,

BUT THE SALAD BAR OPTION

IS A SURE WAY TO GET EVEN MORE

POWER PACKED FOODS.

