

HEALTH NOTES ABOUT THE SJC HOT LUNCH PROGRAM
Provided by Pasta Market/Bob & Julia Collins

Menus are created monthly with new items constantly being added into the rotation.

All meat, fish and poultry do not have any steroids, antibiotics or growth hormones. Most items are all natural with beef being Angus grade.

All menu items are Trans Fat Free. No artificial colorings or flavorings are added to entree items.

All menu items are cooked fresh daily at the school. There is no transporting or reheating of already prepared foods.

On any given day there are at least 2 main hot entree items as well as 4-5 different types of freshly prepared salads. We provide a hot vegetarian entrée daily.

At least 5 different types of fresh fruit are provided daily. The fruit is cut and prepared daily. Selection varies as season permits.

Except for when we offer French fries as an extra item, entrees are baked instead of deep-fried.

A large variety of baked and natural snacks are offered as well as some regular chips.

Beverage selections include 100% juices, 1% milk, fat free chocolate milk, water, natural flavored waters, and sports drinks – no sodas.

All students are required to select an entree, fruit and single snack to balance their meal. They are not permitted to select only a snack or chip unless they have a lunch from home.

All students are monitored at check out and their selections are reviewed prior to them leaving the cafeteria.

Students generally select an appropriate amount of food for their appetite and do not abuse their privilege. Students have been taught by their teachers to select a well-balanced meal.

Thank You,
Bob Collins, Pasta Market