



KALE

COLLARD GREENS



Healthy and Sustainable

Healthy and Sustainable may not be the first words you think of when it comes to school lunch, but here at Fruitport Schools we are here to change that! At first glance our menus may appear to be the “same old lunches,” however, we would like to take a moment and tell you about what is behind the corn dogs and chicken nuggets.

1. The fryers were removed years ago so there is absolutely NO fried foods at ANY of our schools.
2. Locally Grown Foods – we work with Cherry Capital and Coastal Produce to source several food items that are grown right here in the state of Michigan. We source locally grown apples all year and have featured several other Michigan grown produce through out the year such as: peaches, pears, cabbage, and cherry tomatoes. As the weather continues to warm up watch your menu for more locally sourced items!
3. All bread items are made with at least 51% whole grains. This includes items like chicken nuggets and corn dogs (which are actually turkey corn dogs).
4. We make every effort to reduce the sodium levels in most all of the foods we serve. Only frozen or fresh vegetables are used (never canned), we buy low sodium items when ever possible and also focus on “scratch foods” when we can.
5. Cereal is on our menu quite often but it is ALWAYS low sugar cereal which has approximately 10 grams of sugar/ serving (that’s less than a teaspoon of sugar) and it is paired with an rBGH-free yogurt for a protein punch! We are working on achieving 100% food dye free in the cereals we serve.
6. A large variety of fresh fruits and vegetables are offered on our monthly menu. Some of the fruits include: grapes, fresh strawberries, kiwi, apples and melon. Students MUST choose a ½ cup of a fruit or a vegetable in order to have a “complete meal”.
7. All of our chicken items we source are antibiotic free!
8. Hampton Creek Mayo and all Hampton Creek Branded items are used where possible. Hampton Creek is a company that focuses on saving our environment and building a more green food process by saving thousands of gallons of water each day.

Each year this list of healthy and sustainable food items will continue to grow so that our children at Fruitport Schools get the foods they like while protecting their bodies and our environment. Please feel free call or email Kate Chowning, Food Service Director, with any questions or concerns. kchowning@fruitportschools.net, 231.865.4054.

BROCCOLI



BRUSSELS SPROUTS

ARUGULA



SIMPLY GOOD

BOK CHOY

BOK CHOY

