



## Proudly Introducing

# SALAD BARS

Lansing Central School Food Service has partnered with the Chef Ann Foundation for the 23-24 school year. Chef Ann strongly supports and encourages the addition of salad bars in schools. Lansing Food Service Department will be implementing a double sided self serve salad bar in the Elementary School as part of an ongoing effort to improve healthy eating. Students and staff will be able to enjoy this addition in early September 2023. The addition of salad bars are a great way for schools to meet the USDA'S proposed nutrition standards for school meals that emphasize serving more dark green, red and orange vegetables each week.

## Whats New?

The layout of the kitchen will look different to both students and staff. Students will still enter the kitchen as they normally do. Once the entrée selection has been made, they will exit the kitchen to the cafeteria to select items from the salad bar. The cashier will be located at the end of the salad bar to determine a reimbursable meal. Preparing your child/student in advance will greatly minimize any surprises while making their way to the lunchroom. Students bringing lunch from home will have the same access to the salad bar and can choose to purchase single items, or build a reimbursable meal.

## Benefits

The nutritional benefits a salad bar can create will open up a whole new world of experiences for students. Encouraging students to try new foods is one of the most important tasks given to both food service and education teams. Identifying new foods, tasting new foods, creating composed salads that provide blended tastes- these are all very important lessons that can help students develop healthy eating habits that support classroom success. Students bringing lunch from home can also visit the salad bar and choose to purchase items, or build a meal when they go through the line with classmates.

- Implementing a salad bar increases the capacity to offer a larger variety each day of fresh fruit and vegetables and modify offerings each week.
- In addition to the nutritional benefits, salad bars may lower plate waste by allowing students to take only items they will eat. Students will have the opportunity to try new items and be creative with their meal.
- School Nutrition Professionals will proudly share their knowledge on school food and continue to assist students receive a balance of nutritional components.

## How can I help?

- Staff and volunteers will assist your learner for the first several days to minimize any stress additional options may pose.
- Please talk to your student/child about the exciting news, and prepare them for what to expect in the lunch line.
- Questions? Contact Katie Swearingen, Food Service Director [kswearingen@lcsd.k12.ny.us](mailto:kswearingen@lcsd.k12.ny.us)