

## Re:Healthy Choices

Nutrition Services is working hard to improve the nutrition profile of our a la carte choices. To that end, we will no longer sell high-sodium cup of soup, beef jerky, or large dill pickles.

We know many middle level students have historically purchased an inexpensive cup of soup as a meal. Here are some alternative suggestions for those students:

Cold Cereal /Instant Oatmeal	\$0.50
8 oz milk	\$0.50
Pepitas	\$0.50
8 oz OJ	\$0.50
Nature Valley Granola Bar	\$1.00
Cereal bar	\$0.75
Spicy Hot Sunflower Seeds	\$0.50
Honey roasted Sunflower Seeds	\$0.50
Otis Spunkmeyer bagel	\$0.75
Mozzarella string cheese	\$0.50
Mickey C bagel	\$1.25
Cream cheese 1 oz	\$0.50
Phil's Bean Burrito	\$2.00
Slice of Bruno's Pizza	\$2.00
Chef Salad	\$2.00
Yogurt/Fruit Parfait	\$2.00
Side salad	\$0.75
Side of fruit	\$0.75
Middle level meal includes entrée (meat/meat alternate & bread), side of fruit, side of veg, 8-oz milk	\$2.75

We will ask our kitchen managers to suggest these healthier choices to students. Please don't hesitate to contact me with questions or concerns. Thank you.