

# Did You Know?

At Porter-Gaud School we have implemented many progressive and innovative practices that embody a healthy, safe, and sustainable dining lifestyle.

- We prepare our foods from whole, fresh ingredients; limiting the use of processed foods and avoiding products containing artificial colors, flavors, preservatives, and high levels of sodium.
- We offer a wide variety of breads, including whole grain options.
- We offer a variety of fresh fruits and vegetables daily. Items are local and organic as availability permits.
- We only serve chicken and turkey that have been produced with the restricted use of antibiotics.
- We have made a commitment to serve fresh milk only from cows that have been certified to be free of the artificial growth hormones rBGH/rBST.
- We serve only cage-free shell eggs.
- Our salad bar items are prepared fresh on premise. A selection of house-made dressings, cottage cheese, and low-fat yogurt are available daily. Our salad bar also features at least one whole grain salad daily.
- We purchase meats graded “choice” or higher. Our turkey and roast beef are nitrate free and roasted in house. Our ham is low sodium and all products are free of Monosodium Glutamate (MSG), fillers and gluten.
- We offer napkins made from 100% recycled materials.
- We use china and stainless steel flatware to reduce paper and plastic consumption.