

Did You Know?

At Spartanburg Day 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 whole grains as options on our salad bars and as side dishes on the hot line.
- We only serve chicken and turkey that have been produced with the restricted use of antibiotics.
- We offer a wide variety of breads, including whole grain options.
- We serve only cage-free shell eggs.
- We use minimal amounts of fat in food preparations. We use olive and non-hydrogenated canola oils which have more monounsaturated fat and less saturated fat than other cooking oils. Our oils do not contain trans-fats.
- 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 survey students for feedback on their dining experience to better serve the community.
- We use cleaning products which contain less packaging and are significantly less toxic to the environment than conventional chemicals.
- We use china and stainless steel flatware to reduce paper and plastic consumption.