

Did You Know?

At Middlesex 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 offer a wide variety of breads, including whole grain options.
- As an environmental initiative, kitchen grease is picked up and recycled into biodiesel.
- We recycle all cardboard, glass, plastic and metal packaging used in food production.
- 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.
- 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 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 only serve chicken and turkey that have been produced with the restricted use of antibiotics.