

# Did You Know?

At School of the Holy Child 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.
- 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 only serve chicken and turkey that have been produced with the restricted use of antibiotics.
- 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 prepare our soup stock from scratch. Our soup bases are low-sodium and do not contain Monosodium Glutamate (MSG).
- 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 serve only cage-free shell eggs.
- 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 offer a wide variety of breads, including whole grain options.
- We use china and stainless steel flatware to reduce paper and plastic consumption.