



# REAL **FOOD** *for* **KIDS**<sup>™</sup> **SALAD BAR**

Fairfax County Public Schools · Food and Nutrition Services

# What is the Real Food for Kids Salad Bar?

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- ❑ The lunch line starts at the Salad Bar
- ❑ All students eating school lunch will start at the salad bar
- ❑ Students can go down both sides of the salad bar
- ❑ **All fruit and vegetable choices will be on the Salad Bar** (no hot vegetables), so all students must go through the salad bar



# Salad Bar Rules

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- Training PowerPoint available for students
- Student Salad Bar Introduction Lesson:
  - Given by FNS Staff prior to the Salad Bar opening
  - Students will learn the rules and get to practice with a taste test
- Salad Bar Rules poster will be in the lunchroom

## Salad Bar Rules

1. Fill at least 1 square with **FRUITS or VEGGIES** 
2. Take what you can eat
3. Respect your friends
4. Respect the food 
5. Try something new 

\*This institution is an equal opportunity provider.\*

 REAL FOOD *(my)* KIDS SALAD BAR 



# Veggies and Fruit

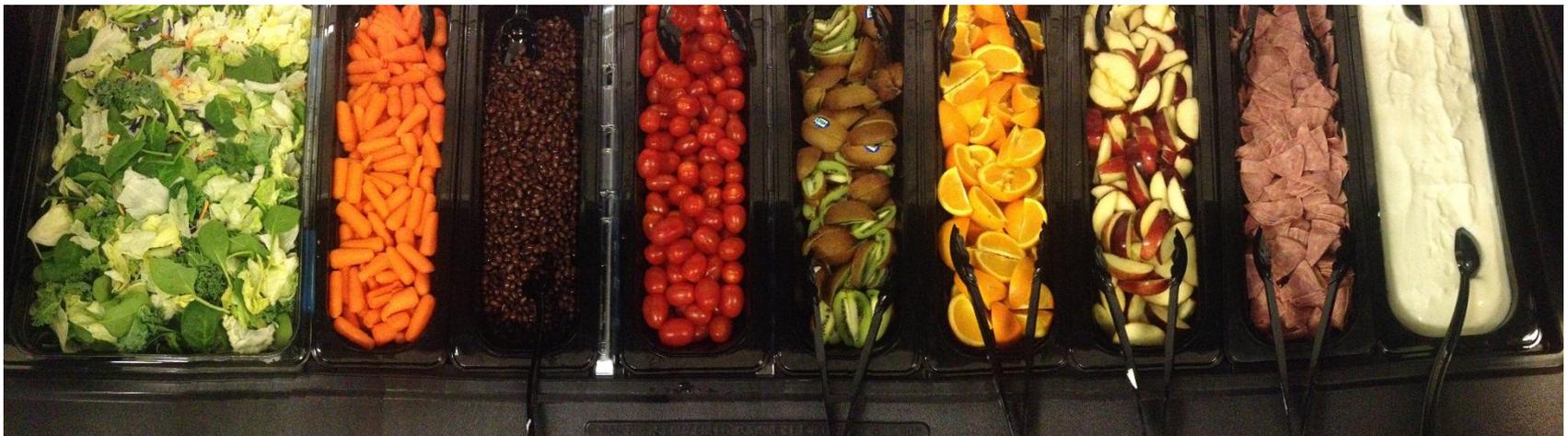
- Build a healthy lunch using the fresh vegetables and fruits
- Salad bar items are placed straight onto the lunch tray
- Dressing is available at the end of the salad bar



# Veggies and Fruit

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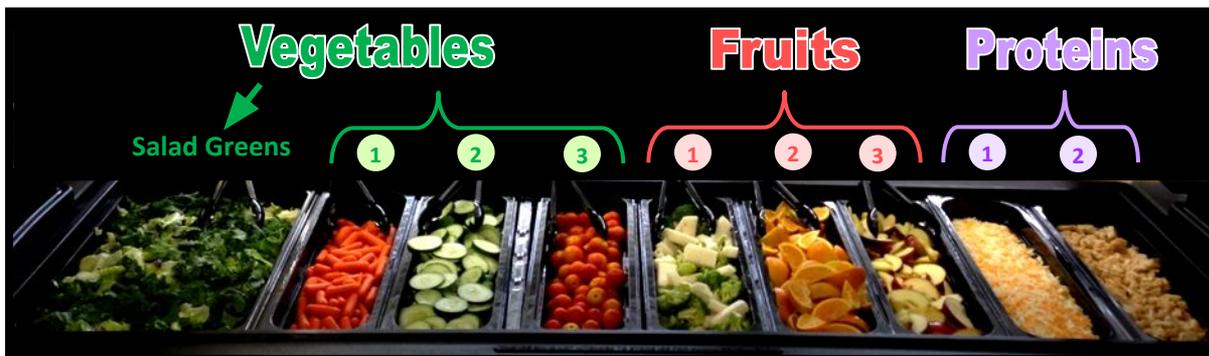
- There will be at least seven different vegetables and fruits to choose from each day
- Tips:
  - Take a small amount of new foods to try
  - Take what you can eat
  - Eat what you take



# Salad Bar Protein

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- There will be 2 protein choices on the salad bar every day to make a Salad Bar Meal
- One protein will always be vegetarian



# FNS Staff at Salad Bar

- ❑ Staff will be present at the Salad Bar throughout lunch service to:
  - ❑ Encourage students to try new fruits and veggies
  - ❑ Help students serve themselves as needed
  - ❑ Reinforce the Salad Bar Rules
  - ❑ Keep salad bar clean and stocked
  - ❑ Change utensils as needed

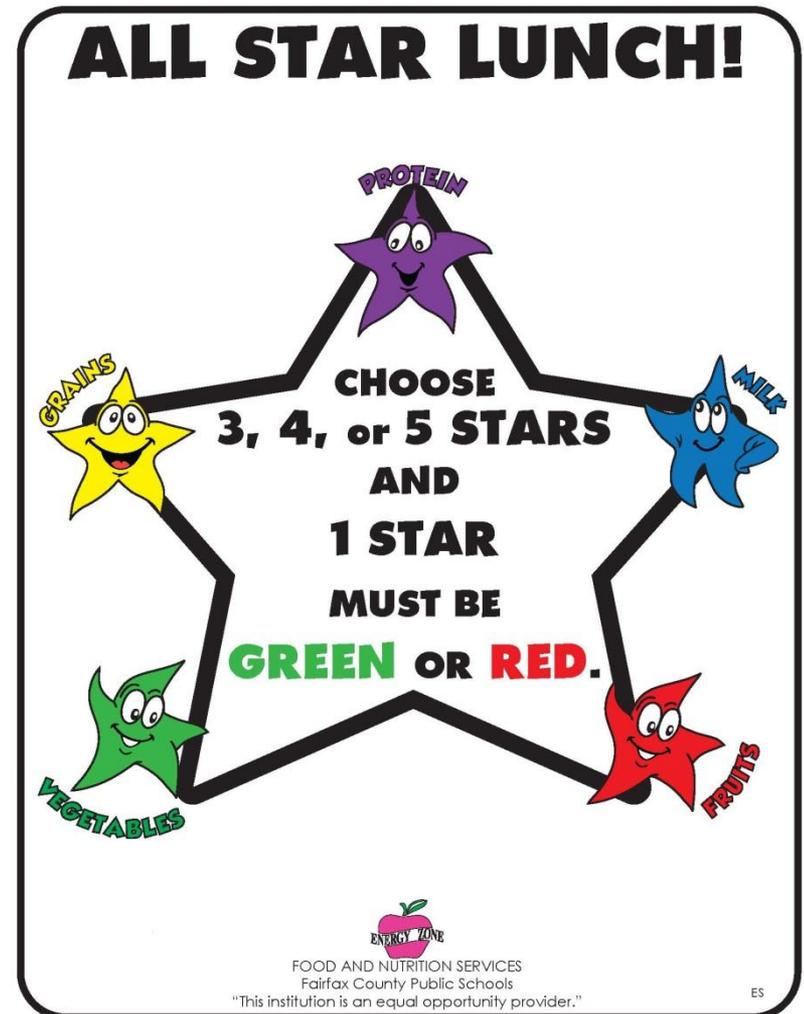


# Complete your Healthy Lunch

- Follow the All-Star Lunch poster to build a meal
- Choose vegetables and/or fruit first from a rainbow of fresh choices

At least **ONE ENTIRE square** on their tray needs to be full of fruits or vegetables

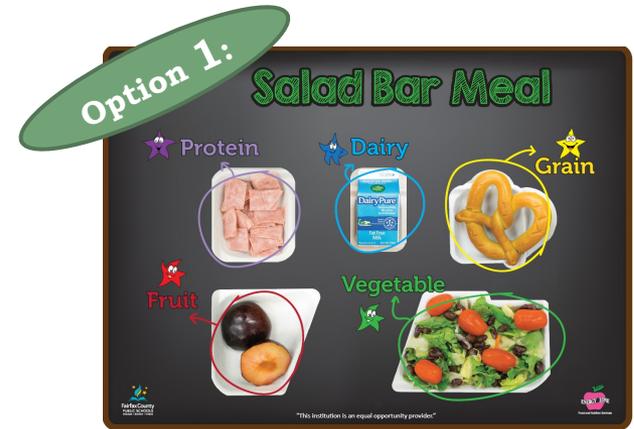
- Students have 2 options for completing their lunch...



# Complete your Healthy Lunch

## □ Option 1: **Salad Bar Meal**

- Choose from vegetables, fruit and/or protein on the Salad Bar, then add a milk and/or grain from the serving line



## □ Option 2: **Hot Food with Fruits or Vegetables**

- Choose vegetables and fruit on the Salad Bar, then add milk and/or a hot entrée from the serving line



# Complete your Healthy Lunch

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- After the salad bar, students will go through the serving line where they'll find the milk and/or pretzel or hot food
- Everyone eating school lunch will go through BOTH the salad bar and the serving line



# Check Out with the Cashier just as before!

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# Enjoy your new Salad Bar!

