

My Kids Are Eating What?!?!?

By Chris Bild, Dining Hall Manager

Our focus in the Dining Hall is on *eating healthier*. We make kid favorites, but use whole grains, add fresh vegetables and use olive oil in place of butter whenever possible. In the Dining Hall, we strive to find the delicate balance between offering kid favorites and providing healthier options, often infusing the two together whenever possible.



Pizza

We do serve pizza, the perennial kid favorite, but on whole-wheat pizza crust with fresh vegetables as toppings instead of high fat pepperoni. We still occasionally offer the traditional favorite pizza but are subbing in the healthier version more often.

Pasta

Students love pasta! We offer pasta almost everyday but subbing in whole-wheat penne pasta at least once a week. We pair our pasta with fresh vegetables and olive oil most often, trying to stay away from heavy cream sauces and butter. We still offer everybody's favorites – Macaroni & Cheese and Crawfish Monica - but not as often as the healthier options.

Deli Bar

We offer a wide variety of meats on our deli bar. Our deli meats are oven-roasted in house, free of preservatives and prepared fresh throughout the week. In addition, the turkey on the deli bar is smoked in house using hickory wood to cook the all-natural turkey breast to perfection. Our turkey is cooked fresh several times a week and sliced in house to provide the freshest product available for your children.



House Baked Breads

We also offer house-baked breads – all natural white bread and stone ground whole wheat bread - for sandwiches, in addition to the wide variety of other breads available on deli bar.

Salad Bar

New this year is our *Improvisations* salad bar, a new concept brought to you by SAGE. On the *Improvisations* bar, students find a new “deconstructed” salad everyday, one that allows them to prepare or “improve” their salad their way. There are a wide variety of toppings

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available daily to combine with fresh spring lettuce, spinach and house-made dressings, including a few low-fat dressing options. Also on the salad bar, students can find a variety of fresh, hand-cut fruit; fresh made prepared salads; and featured salads using whole grains such as bulgur wheat, whole-wheat couscous, or whole-wheat pasta.

Locally Grown Products



We have a garden on campus where we grow herbs, peppers and other items. When possible, we feature these items in our dining hall offerings. In addition to these campus grown items, we also use a variety of local farms as food sources. Farms in Mississippi and Louisiana provide us with satsumas, squash, zucchini, creole tomatoes, eggplant and mushrooms. We designate menu items with these ingredients in the dining hall with our “From Here, From Near program.” A colorful symbol is added to the menu card to indicate that ingredients grown on campus or local farms are being used in that day’s offerings. Fresh local ingredients simply taste better.

Food For Every Child

SAGE strives to ensure all students can find something to eat in the dining hall. Sometimes students with allergies have a difficult time finding items they can eat. In the dining hall, we take extra steps to help these students finding “safe” foods by marking gluten free items, offering gluten free breads, and offering items from the line prepared without dairy and eggs.

Kids Eating Healthier

As a result of our efforts, ***kids are starting to eat healthier***. Some do so willingly; others are doing so without realizing it. Our goal is that, over time, kids not only begin to consciously choose to eat healthier, but also will demand that we offer their favorites using healthier ingredients, as we help prepare them for the next phase of their lives.



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