

The Spice of Life

The Food and Nutrition Services Department along with Southwest Food Service Excellence have added more spice to the lunch meals! Due to the new Target 1 sodium level reductions mandated by USDA, we noticed we needed to add more zest to the food items.

Through focus groups at the middle and high schools, we heard comments that would help us enhance the flavor of the meals. Because of these reasons we added *The Spice Up Flavor Stations* in all middle and high schools. These stations contain calorie free, sodium free, and MSG free seasonings to enhance the healthy and minimally processed foods served to our students.

Check out the Flavor Station!



Available at all Middle and High schools

Crushed Red Pepper

Chipotle Red Pepper

Black Pepper

Garlic Powder

Onion Powder

