

Arbor Management, Inc.

Nutrition News

WELCOME BACK TO SCHOOL!



Welcome Back!

Arbor Management, Inc. welcomes you back to school breakfast and lunch! Arbor strives to provide wholesome, nutritious meals to students with fast, friendly service. Our nutrition team of registered dietitians, professional chefs, and nutrition staff has been working hard all summer preparing to serve the highest quality, nutrient-dense meals for students. Explore the healthy options in your cafeteria this year!

Arbor A+ Nutrition Standards:

- 🌱 Fresh and local grown foods
- 🌱 Highest quality, freshest produce
- 🌱 Cage-free, grain-fed poultry with no added hormones or steroids
- 🌱 Skim and low-fat milk free from artificial growth hormones, and produced from sustainable farms
- 🌱 Whole grain rich products
- 🌱 Reduced sodium
- 🌱 Grilled or baked instead of deep-fried
- 🌱 Zero Trans fat

What's new? Snack options just got healthier! Try something new, like hummus and veggies, fruit & yogurt parfait, fresh fruit salsa, or a protein power pack. Snack smarter to keep you full, maximize nutrition, and satisfy taste buds.

Colorful-Nutritious-Fresh
We Make Eating Right, Easy!
Real Food, Real Fresh!



Farmer's Markets are fun and healthy!

Farmer's Markets are a great way to buy **local** produce, **learn** where food originates, and **meet** the farmers who work hard to grow delicious, fresh food.

Arbor supports hardworking farmers by buying locally whenever possible. Food is more **nutritious** and more **delicious** the sooner you eat it after it has been picked.

There is still time to check out your local Farmer's Markets this month. **Explore great new recipes like the one below using locally grown tomatoes!**



"Fresh Tomato Pico de Gallo"

Prep Time: 20 min Serves: 6

Ingredients:

- ❑ 6 Roma Tomatoes, *fresh, seeded, diced*
- ❑ ½ large Red Onion, *fresh, diced*
- ❑ ½ large Jalapeño, *seeded, minced*
- ❑ 1 clove Garlic, *minced*
- ❑ 1 Lime, *fresh, juiced*
- ❑ 1 pinch Cumin, *ground*
- ❑ Salt & Pepper *to taste*
- ❑ 2 Tbsp Cilantro, *fresh, chopped*



Directions:

1. Mix together tomatoes, onion, jalapeño, and garlic.
2. Squeeze fresh lime juice over salsa and mix.
3. Sprinkle cumin, salt, pepper, and cilantro over salsa and toss.
4. Refrigerate for 2-3 hours before serving for the best flavor.
5. Enjoy with tortilla chips!

Try adding avocado for a delicious twist!

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