



Fit Pantry – School Lunch Program

Our move to inspire a healthier generation of children

Keeping your child healthy is a big job and we are thrilled to be given the opportunity to provide them with the highest food quality standards in Kern County. *Fit Pantry* is committed to boost the nutritional quality of meals eaten by your school children each day. We are focused on providing students with more lean proteins, whole grains, vegetables, fruits, and less fat and sodium as well as sensible portions based on the age of children being served.

The new school meals include these changes:

- More whole grains, complex carbs, fruits, and vegetables
- Low-fat milk dairy products; less sodium and fat
- Appropriate portions. Menus are planned for grades K-2, 3-6 and 7-8 and will demonstrate to your child the right size portions
- All food items will be prepared fresh by our on-site Chef, daily
- Food will be cooked in a number of responsible ways including: grilled, baked, sautéed, steamed or roasted. Nothing is fried, ever!
- When oils are necessary for sautéed items it is to an extreme minimum and may include healthy fats such as olive oil or canola oil
- No sugars are added at any time

Principles, teachers, and parents can help make school a healthier place to learn by providing quality food and teaching children about the importance of nutrition and embracing a healthy active lifestyle.

Healthy eating is fun!

Our local chef will work hard to make meals nutritious and delicious each day. We are confident that we can make eating fruits and vegetables fun, too, so that kids have positive experiences learning to eat healthier foods.

Our menu will be evolving each month. Meals that weren't so popular will be dropped and new, creative choices will be added. Various lean proteins, complex carbs, fruits and vegetables will be rotated throughout the year. If there is something you would like to see added or implemented in our program please do not hesitate to contact us. Any further questions, concerns, or information regarding Fit Pantry please email us at info@fitpantry.com