



NEWS August 2021

For Parents & Students at
Muleshoe ISD

YOUR FOOD SERVICE PROGRAM FOR THE 2021-2022 SCHOOL YEAR

Taher, Inc. welcomes you to the 2021-2022 school year! We are excited that your District has chosen us to partner with them and provide your school community with an exciting and nutritionally-balanced school food service program. Headquartered in Minnetonka, Minnesota, Taher, Inc. is the largest private company in the country, and has been serving private and public school communities for over 40 years.

Our breakfast, lunch and A la Carte items are prepared and served on-site by your local food service team. **We look forward to serving you!**

HIGHLIGHTS of the Dining Program include:

BREAKFAST

Daily offerings may include hot breakfast, juices, hot chocolate, coffee, milk, yogurt, and fresh fruit, as well as, pastries, bagels, toast, muffins.



LUNCH ~ A variety of entrée options offered each day...

- From-Scratch Hot Entree with sides
- Hot Grab and Go Special for middle school and high school, such as burgers, chicken tenders, pizza, spicy chicken sandwiches and more
- Self-serve Fresh fruit and veggie bar with each meal
- Deli sandwich, wrap, salad or another cold entrée option
- Assortment of A la Carte items and 2nds available for individual purchase

Check out our Menus on the Food4Life App in September.

HARVEST OF THE MONTH ~ "HEALTHY TO A T" NEWSLETTER

We promote our Harvest of the Month Program to expose students to fresh, healthy foods and try something they may not normally try at home. We use "On Display" chef demonstrations or give out samples to try! Weekly educational fact flyers are prominently displayed in the café with fun facts aimed to garner interest and attention to the food.

Our "Healthy to a T" newsletter, which will be posted on the School's food service website, incorporates tips on a healthy lifestyle, and features interesting facts and a recipe for you to try at home for either the featured fruit, vegetable, spice or herb.

WHAT WE WILL BRING TO YOU

Taher's Food4Life menu offerings incorporate the following:

- Chef-developed, made-from-scratch items that are trans-fat free.
- Fruit and vegetable selections which complement our menu offerings, rotating daily.
- Harvest of the Month program which features a specific fruit, vegetable, and herb or spice each month, along with educational flyers.
- A dedicated and trained staff who focus on customer service, attention to detail and a desire to serve people in a friendly and welcoming atmosphere.

What's for Lunch?

FOOD 4 LIFE
TAHER

MENUS & Much More!

TAHER FOOD4LIFE™ APP

• FREE DOWNLOAD • QUICK • EASY TO USE •

Find out what's on the menu and much more

Taher Food4Life™ App:

- Menus
- Nutrition Facts
- Allergy Information
- Latest News
- Events & Promotions
- Chef Blogs

Find out more about our chefs

Download **Taher Food4Life™** in your App store

The Food4Life app is accessible through Alexa so you can ask for the daily menu.

HEALTHY to a "T"

TAHER

AUGUST 2021

Harvest of the Month

Watermelon

FUN FACTS:

- Watermelon is a melon fruit that is grown in warm climates. It is a popular summer fruit and is often eaten during the summer months.
- Watermelon is a good source of vitamin C, potassium, and lycopene.
- Watermelon is a good source of hydration and is often eaten during the summer months.

Fun Fact:

- The average American consumes about 10 pounds of watermelon each year.
- Watermelon is a good source of vitamin C, potassium, and lycopene.
- Watermelon is a good source of hydration and is often eaten during the summer months.

HARVEST OF THE MONTH RECIPE—AUGUST

Watermelon Mint Salad

Ingredients:

- 6 cups Watermelon, cubed
- 2 cups Fresh mint, minced
- 1 cup Fresh lemon juice
- 2 cups Fresh lime juice
- 2 cups Fresh lime juice
- 2 cups Fresh lime juice

Instructions:

1. In a large bowl, combine watermelon and mint.
2. In a small bowl, combine lemon and lime juice.
3. Drizzle over salad, toss gently to combine.

2021-2022 MEAL PRICES

We will be participating in the USDA FREE Lunch and FREE Breakfast programs for all K-12 students!

There is a charge for A la Carte and 2nds.

The dining program needs the support of students and the entire school community to succeed! Please support the dining program through your patronage, and by not bringing other restaurant food into the dining room during lunch service.