



# NUTRITIONAL INFORMATION

Directions: The nutritional analysis of our menu items will be post it in list form. The items will be listed by category and in alphabetical order, so you wants to know the carb count for Pizza Bake, you would go to the entrée section and look under “P” to find Pizza Bake. The analysis will be listed for each item is specified by grade groups.

Breakfast nutritional information:

[http://www.taher.com/schools/tahercycle/breakfast/Taher\\_Nutrition\\_Analysis-Breakfast.pdf](http://www.taher.com/schools/tahercycle/breakfast/Taher_Nutrition_Analysis-Breakfast.pdf)

Lunch nutritional information:

[http://www.taher.com/schools/tahercycle/lunch/Taher\\_Nutrition\\_Analysis-Lunch.pdf](http://www.taher.com/schools/tahercycle/lunch/Taher_Nutrition_Analysis-Lunch.pdf)



Please encourage your child to add fresh vegetables and fruit to their lunch each day.

Each meal must have a combined **1/2 cup total of fruit and vegetable** on the tray in order to qualify for a reimbursable lunch.

K-8 students may take up to **3/4 cup** vegetable and **1/2 cup** fruit.

When a full meal is not taken, A la carte prices will be charged.