



SALAD BAR



Student Introduction to the Salad Bar

A salad bar is being added to the lunch line in your school! Please review each of the steps below with students to assist them in building a nutritious and delicious lunch.

1. Check the lunch menu in the morning to decide what foods you would like to eat.
2. Use the hand sanitizer before taking a lunch tray and always have clean hands.
3. Begin building a lunch by putting yummy fruits and/or vegetables on your lunch tray with the tongs or spoons for each item. Never use your hands.
4. Fill at least one square on the lunch tray with fruits and/or vegetables.
5. Select from the protein options (cheese, eggs, etc.) if you would like.
6. Carefully, add salad dressing from a squirt bottle to your salad or vegetables.
7. Hold lunch tray with both hands. Move to the lunch line door to enter and take one milk from the cooler by the door if you would like.
8. Then pick from one main item/entrée (chicken tenders, pizza, etc.) if you would like one.
9. Next, say "Hi!" to the cashier and enter your lunch number on the keypad.
10. Ask for a pretzel as part of your meal if you did not take a main item/entrée (chicken tenders, pizza, etc.).
11. Enjoy your salad bar lunch and always remember to follow the Salad Bar Rules!

All Star Lunch

Review the Salad Bar Rules Poster

Watch the Salad Bar Video



https://www.youtube.com/watch?v=_pUYUs10Xjc