

Rainbow strives to provide nutritious meals and snacks.

Listed below are the guiding principles we strive to follow:

- ▶ Fruit - fresh fruit or frozen fruit without added sugar/syrup (organic or "no pesticide") when possible.
- ▶ Vegetables - fresh steamed vegetables or fresh vegetable recipes
 - organic or pesticide-free when possible.
- ▶ Milk - not produced using growth hormones.
- ▶ Whole Grains- We generally serve products that are rich in whole grain for breads, pastas, and other baked goods.
- ▶ Meats – 93% lean minimally processed and not treated with hormones.
- ▶ Sugar - minimal foods with added sugars.
- ▶ Salt - minimal salt content where possible, especially in snacks.
- ▶ Drinks - We do not serve juice or other sweetened drinks such as chocolate milk or fruit punch.

**Note that these apply to regular menu items, not necessarily special occasions, such as a birthdays or when parents bring in special food*