



# Fort Wayne Community Schools Nutrition Services



We educate all students to high standards.

## Do you know what Nutrition Services can do for you?

### Nutrition Education...

Presentations on



Fruits & Vegetables

Grains

Dairy

Taste buds

Snacks

Food Safety & Sanitation

General Nutrition (nutrition for any grade level)

Staff Presentations for Nutrition



### On the Go Cart... (see second page for menus)

Menus include

Pasta Bar

Hot dog or foot long hot dog Bar

Salad Bar

Taco Bar

Potato Bar

Hoagie Bar



Grills are available with hot dog, hamburger or chicken pattie menu



Picnic lunches for the entire school or individual classes

(With the increase in special events in May, we do not offer picnic lunches for individual classes, only entire schools.)

Catering Connection Menu for Staff Meetings, after school events, and/or special functions:

Muffins for Mom

Donuts for Dad

Honor's breakfast

Carnivals & Festivals

Box lunches

Fruit/Veg/Cheese platters



Special theme menus for the entire school

Chinese, African, Mexican, etc...



Snacks available during ISTEP testing and/or anytime



If you need any information, help setting up special functions, or have specific menu ideas ... please call the Nutrition Process Center at 467-2500.

**One Success After Another™**



Fort Wayne Community Schools  
Nutrition Services



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**On The Go Cart Menus:**

**Pasta Bar**

Cooked rotini, spaghetti sauce, breadsticks, parmesan cheese, fresh fruit, cookie  
Salad bar items: lettuce, tomatoes, carrots, green pepper, cucumbers, croutons, salad dressings

**Foot Long Hot Dog Bar**

Foot long hot dogs, buns, diced onions, relish packets, grated cheese, coney sauce, baby carrots, veg dip, catsup and mustard packets, fresh fruit and cookie

**Hot Dog Bar**

Hot dogs, buns, diced onions, relish packets, grated cheese, coney sauce, baby carrots, veg dip, catsup and mustard packets, fresh fruit and cookie

**Salad Bar**

Lettuce, ham, taco meat, grated cheese, cauliflower florets, cucumber coins, baby carrots, green pepper strips, croutons, salad dressings, taco sauce, tortilla chips, dinner roll and margarine, cookie

**Taco Bar**

Hard and soft taco shells, taco meat, lettuce, tomatoes, grated cheese, carrot and celery sticks, veg dip, refried beans, taco sauce, fresh fruit, cookie

**Baked Potato Bar**

Baked potato, taco meat, grated cheddar cheese, bacon bits, sour cream, salt & pepper, margarine portions, baby carrots & dip, dinner roll, fresh fruit, cookie

**Hoagie Bar**

Hoagie meat on bun, cheese slices, baby carrots, celery sticks, salad dressing/mustard/catsup packets, pickles, pretzel nubs, fresh fruit, cookie

Many schools offer these bars for honor students, monthly birthday celebrations, and/or grade levels. These menus when offered to students, qualify as a reimbursable menu, no special funding is needed. If you would like to schedule an On the Go Cart, please call the Nutrition Process Center (467-2500). If you would like to serve a menu that is different from anything above, please call; we can accommodate most requests.