
New Programs from Bedford County School Nutrition!



The School Nutrition Department is made up of a team of food and nutrition professionals who are dedicated to students' health, well-being and their ability to learn. They are taking the lead to promote Nutrition and Fitness for our students. Check out our district's interactive and user friendly Child Nutrition website at <http://www.schoolnutritionandfitness.com/index.php?sid=1498255712935> and learn how you can eat right and stay fit! **Scan QR Code at left for School**

Nutrition Services Website... You can also check out our website by clicking on School Nutrition located under the Departments Tab on the Bedford County Public Schools website. School menus are also located on our website.

Good nutrition leads to great academic performance. When your nutritional needs are met it is easier to focus and learn. When you are physically fit you are more alert, more positive and enjoy a better quality of life. Combine good nutrition with physical activity and you will have a winning combination to succeed in school.

School Nutrition Supervisor Karen Arthur and her team are **Educating and Inspiring Excellence** for our students by promoting health and fitness as well as our district's Wellness Policy. Along with information about meal components, menus, meal applications, and online payments...you will find interactive nutrition lesson plans, nutrition videos, nutrition games, fitness calculators, fun activities, and healthy recipes...and it is all updated quarterly!

Now Nutritional Information right from our menus is a cinch! Hovering over menu items reveals that item's nutritional information, allergens, and allows students to rate menu items... our goal is a 5 Star rating for our 5 star meals focused on meeting and exceeding USDA guidelines.

New!
Free Mobile Menu App



Check out nutritional information and our Nutrition Services Mobile App on the go! Search for Web Menus in your App Store!

Download our NEW- FREE Mobile App for Interactive Nutritional Menus at your fingertips, make online payments and more!



Eating healthy is a serious concern. The incidence of overweight children, Type II Diabetes and other health concerns are on the rise in America. It is directly related to poor eating habits and lack of exercise. Learn what you should be doing about it on our website or check out parent newsletters, nutritional information, and more on our Mobile App!

At Bedford County Schools it is **Cool to Eat at School** and Nutrition Services is committed to helping you form the healthy habits today that will last a lifetime!