

The Art of the Salad

Bentonville Schools serve nutritious salads in school lunches, but you can make a tasty salad at home with these great building blocks!



PICK YOUR GREEN BASE

Choose leafy greens like spinach, kale, arugula or romaine for the biggest nutritional punch possible!



CHOOSE YOUR VEGGIES

Include all colors of the rainbow in order to receive a variety of vitamins and minerals!



PACK ON THE PROTEIN

Protein sources like chicken, tofu, fish or beans will make your salad heartier to keep you satisfied longer.



ADD SOME HEALTHY EXTRAS

Toppings like nuts, seeds, grains, herbs or fruit add extra texture, flavor and nutritional value.