

The Franconian International School has developed an appropriate catering program in accordance with recommendations from the German Nutrition Society (“Deutsche Gesellschaft für Ernährung”). The focus is on a holistic approach and to achieve health promotion by using fresh and nutritious ingredients. With the slogan “Have you tried this?” we would like to offer everybody at the FIS a balanced and varied lunch. The majority of meals are prepared in the school’s kitchen using both fresh products, such as meat, fruit and vegetables and some convenience products.

Beverages

- Water is available for free throughout the school day in the Cafeteria.
- We do not offer lemonades, sweetened fruit juices and drinks, or any other drinks that are high in energy and artificial flavors (i.e. energy drinks, ice tea or isotonic sport beverages).

Food

- A balanced diet is a fundamental requirement for optimal physical and intellectual abilities.
- We believe that healthy children do not need a special („child friendly“) diet, as they are still developing their tastes and need to explore and experience different taste sensations.
- Our meals are influenced by international cuisines and we also include special occasions and events, for example Christmas, Halloween or the FIS Vitamin Week.
- Every lunch includes at least one fresh, uncooked component, either salad, vegetable or fresh fruit. Food containing alcohol or that is rich in spices, salt, sugar or fat will not be served. We also make sure that there are no technical challenges and that the food is safe to eat (for example fish without bones).
- Sometimes we „hide“ vegetables in different ways (for example finely grated carrots in pasta or pureed in soups or sauces). In this way students become accustomed to a variety of different tastes.
- To ensure that students eat and to encourage them to try new things, we arrange individual meal components separately on the plate.
- The presentation makes it! Food items are arranged in three different colors on the plate.

Sustainability

- The choice of food is directly linked to seasonal and regional availability.
- Wherever possible, we use locally-sourced products for our meals. These are harvested according to the season, have short transportation routes and therefore are better for health and environment. We also support the local farmers and so do our share to support the local community.

Communication

- We encourage all parents to have a trial lunch in our Cafeteria. The trial lunch is possible on every lunch day.
- The menus for the current and the following month are always available on our website.
- We have installed a School Lunch Committee, consisting of students, parents, teachers, school nurse, Cafeteria staff and school's management. The committee is meeting on a regular basis to discuss all relevant Cafeteria topics.

Facilities

The cafeteria is designed in bright, friendly colors. A well thought-out lighting concept as well as appropriate conversational noise levels are encouraged in order to ensure a pleasant dining experience. By arranging group tables, communication in a sociable round is possible. Cleanliness and order are emphasized.

Pedagogic Background

Healthy nutrition and food processing are addressed in all sections of the school. Ecological and economic aspects are considered.