

# STAFFORD SCHOOL DISTRICT HAS A NEW APP...

So Happy lets you know what's on the menu in the cafeteria. So Happy provides full nutritional information on what you eat, including calories and allergens. It's an easy way to stay connected and make better choices for a healthier future.

Breakfast • Lunch • Nutrition • Allergens  
– So Happy by Sodexo.



**VIEW WHAT'S ON THE MENU**  
The So Happy app allows you to see what's on the menu in your cafeteria.



**KNOW YOUR FOOD**  
Not only can you see the menu items, but you have access to the nutritional and allergen information, too.



**EARN POINTS FOR HEALTHY HABITS**  
Log your food and activity to earn points within the app. The more points you earn, the more Monster Characters you can meet.



**BURN THOSE CALORIES**  
So Happy provides suggested activities to burn off your calories.



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