



Good Food News

School Lunch Happenings in Region 15

FUELING OUR STUDENTS DAILY

JANUARY 2015

Healthy Bites



Happy New Year from *Good Food News!* We received wonderful feedback about the Grilled Chicken Caesar Salad served in December (pictured above). If your child(ren) liked it, look out for it again on Wednesday, January 21st. We also debuted Macaroni and "Trees" and brought back the Apple Chicken Harvest Wrap from October. These new menu items incorporate from-scratch cooking and use fresh ingredients and will return to the menu in January as well.

Back by popular demand is "Thanksgiving Feast," now named "Roasted Turkey Dinner," because a turkey, cornbread and cranberry sauce meal can be enjoyed in months other than November! Look for it in all schools on Wednesday, January 28th.

January Food Focus

In the month of January, we will be bringing you warm, hearty meals to keep your kid(s)

fueled during this *chilly* month. On Wednesday, January 14th we will offer **Beef or Vegetarian Chili in a Bread Bowl**. We hope your children will enjoy having a vegetarian option, for those who prefer not to eat beef. Then on Thursday, January 22nd, we will be serving **Harvest Stew**; the perfect meal on a cold winter day - full of potatoes, garden vegetables, and diced chicken. As always, a selection of milk, fresh fruit and vegetables are available to accompany every entrée.



Did You Know?

January is National Soup Month and what a good month to highlight a hot meal to warm you! Soup is a healthy meal choice as it's a conduit to consuming lots of vegetables. And with added meat or beans, soup is a good source of protein. Making soup from scratch allows you to control the amount of added sodium. If you choose a canned soup, look for the words "low sodium" on the label. If you are looking for a from-scratch recipe to try at home this month, why not try this [recipe](#) from the Kids Eat Right website for Roasted Tomato Soup with Grilled Cheese Croutons. Yum!



Resources for Families

The National School Lunch Program offers free and reduced lunches to families who qualify. The process is confidential and children receive the same lunch as those not enrolled in the program. To see if you are eligible, apply using this [application](#) and mail it to the Foodservice Director at 286 Whittemore Road, PO Box 395, Middlebury, CT 06762.



School Menus

Have you seen our updated menus? We have made them easier to read and more enjoyable to look at. Print them and hang them for easy access, or click [here](#) to see the menus for each of our schools. Don't forget to try the items listed as new, and email pbrooks@region15.org to share your thoughts.