



Good Food News

School Lunch Happenings in Region 15

FUELING OUR STUDENTS DAILY

MARCH 2015

Healthy Bites



What a rough winter we are having! As March enters as a lion, and hopefully leaves as a lamb, we will begin to see warmer weather. In the meantime, we will keep your kids warm and fueled up at school with new entrees and some new favorites from our recent additions. On Tuesday, March 3rd at the elementary schools and the high school, and Wednesday, March 4th at the middle schools, our Vegetarian and Beef Chili will be offered with a piece of crusty bread. On Wednesday, March 11th, we will be bringing back the popular Macaroni and "Trees"; perfect for a month where green is the color of choice. And speaking of green, the Chicken Caesar Salad, chock-full of healthy greens, will return to the menu on Tuesday, March 24th. As is our commitment to you, we will bring you new and from-scratch meals each month.

March Food Focus

This month, we will debut two new lunch entrees. The first is the highly requested **Chicken Noodle Soup and Grilled Cheese Sandwich!** Look out for it on Wednesday, March 25th. The second new entrée this month is a green dish for St. Patrick's Day, Tuesday, March 17th: **Pesto Pasta Salad!** Even picky eaters will enjoy this mildly flavored, but fun-colored dish.



Did You Know?

March is National Nutrition Month. This year, the theme of the month is "Bite Into a Healthier Lifestyle." The idea is to take small measures to make healthy changes in your life. That can include eating fewer calories, exercising more often, and making better food choices in order to reach an optimum weight and avoid chronic diseases. For more information about it, visit <http://www.nationalnutritionmonth.org>.



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

Our menus are available online for viewing, or print them and hang them for easy access. 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!