



Good Food News

School Lunch Happenings in Region 15

FUELING OUR STUDENTS DAILY

FEBRUARY 2016

Healthy Bites



with cheesy ground beef, lettuce and tomato. This hearty meal will be served at all schools on Wednesday, February 17th. As always, all school lunch entrees are served with a choice of fruit, vegetables, and milk each day.

As we will continue to bring you new menu items every month, you may notice the menu filling up with from-scratch recipes from previous menus. This month, be on the lookout for Cheese and/or Chicken Quesadillas, Chicken Salad Wraps, Macaroni and Trees, Pizza Burgers, Chili, and a soup and sandwich combo, including Chicken Noodle Soup and the Buffalo Chicken Sandwich. We welcome your feedback and suggestions for future menu items!

February Food Focus

This month, we will debut two new lunch entrees. The first is a twist on "Brunch for Lunch" with the addition of **Apple Maple French Toast Bake**. This delicious dish is served with sausage links and hash browns, and will be served on Wednesday, February 10th at all schools. The second new, from-scratch lunch offering this month is **Cheeseburger Burritos**; a flour tortilla filled



Did You Know?

Did you know that the *Dietary Guidelines for Americans* 2015-2020 were released in January, and the current recommendations, based on scientific evidence, are in line with the guidelines of our school lunch program? Americans are urged to eat a diet rich in fruits, vegetables and whole grains, while eating moderate amounts of low-fat dairy, meat, and meat alternatives, and limiting added sugar and fat intake, and we offer meals that support these recommendations. At Region 15, our lunch program strives to provide your children with healthy meals on a daily basis. Remind your kids to take all of the food components offered, including the fruits and vegetables, when they are on the lunch line to meet the recommendations for a healthy eating pattern.



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 highlighted items- that are made from scratch - and email pbrooks@region15.org to share your thoughts!