



Good Food News

School Lunch Happenings in Region 15

FUELING OUR STUDENTS DAILY

APRIL 2016

Healthy Bites



April Food Focus

This month, we are filling the menu with many of the recipes that we have offered this year. We have committed to serving students from-scratch meals at least three times a week. Check your school's menu online for this month's selections.



Did You Know?

Spring is a great time to explore the flavors of fruits and vegetables. Try stone fruits like peaches and plums, or head to one of our local farms and pick your own strawberries for a sweet treat! You may also try asparagus spears; a fun vegetable for kids to eat with their hands that come in an array of colors. They can be steamed and dipped in ranch dressing or hummus, or breaded and baked and dipped in salsa!

They say April showers bring spring flowers, and the school lunch program does the same for our children; we provide nutrient-dense meals to support their mental and physical growth! In March, we debuted Chicken Alfredo with pasta, and Stuffed Peppers – a recipe brought to us by our RMS kitchen. We are bringing them back this month, and including a number of other from-scratch favorites. Throughout the month of April, we are serving a from-scratch meal every Tuesday, Wednesday, and Thursday. If you child has a from-scratch favorite that you would like to see on next month's menu, contact us!



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!