



Good Food News

School Lunch Happenings in Region 15

FUELING OUR STUDENTS DAILY

MAY 2016

Healthy Bites



the kids' favorite school lunches, Turkey Feast. This sandwich, called the Hot Turkey Wrap contains Boar's Head turkey filled with stuffing, wrapped in a whole grain tortilla and served with warm gravy. Who says you can't enjoy a little Thanksgiving in May? Check the [menu link](#) online to find out what day it is being served at your school.



Happy May!

In May, we are bringing back some new favorites, half of which are vegetarian! Be on the lookout for Cheese Lasagna, Cheese Quesadillas, and the French Toast bake on your school menus for a meatless meal. Other from-scratch meals this month include Sweet and Sour Drumsticks, Cheeseburger Burritos, Chicken Quesadillas, and Chicken Pot Pie.

May Food Focus

In April, we introduced the Stuffed Pepper, created by Trudy in the RMS kitchen. This month, the ladies of the LMES kitchen have designed a wrap sandwich based on one of

Did You Know?

Spring has sprung and it's time to plant vegetable gardens in our area! When kids help plant and care for a vegetable garden, they are more likely to eat those vegetables. Start with hardy crops like tomatoes, cucumbers and squash. Be sure to water and weed throughout the summer and reap the benefits of fresh vegetables right in your own yard! For more tips on starting your own garden, head over to [this article](#) about how to begin with ease.



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!