

## Winter 2017

### MEET OUR STAFF

Peter Brooks,  
Food Services Manager  
263-3190

Pattie Sola, Manager  
Mitchell School & Nonnewaug  
High School  
263-3190

MaryEllen Moskaluk, Manager  
Bethlehem Elementary School  
266-7506

Noella Llenga, Manager  
Woodbury Middle School  
263-6753

### SCHOOL MENU \$\$

**BES & MES \$2.70**  
**WMS and NHS \$3.10**  
**Reduced Rate \$ 0.40**

**Boar's Head Lunch  
at WMS and NHS \$3.50**

**Milk \$0.50**

**Breakfast  
\$1.50 all schools**

## Fun Food Facts

January is cold and blustery so it is appropriate that it is also National Soup Month and National Oatmeal Month! There are even some days dedicated to food like National Popcorn Day and National Hot Chocolate Day!

[Check out the full list here!](#)



## What's For Lunch, Anyway?

The school lunch program in Region 14 provides a nutritionally balanced meal for your child consistent with the Recommended Dietary Allowance (RDA), the calorie goals and the Dietary Guidelines for Americans.

Lunch in Region 14's cafeterias include more fresh fruits and veggies and whole grain products than ever before. Cooks in the cafeterias are making more from-scratch menu items like fresh salad platters, chicken tacos, spaghetti sauce, pizza,

chicken drumsticks and quesadillas. Bagels and rolls come in fresh each day from a local bakery. Student lunches often have produce items grown by students in the Ag-Science Program at NHS.

Region 14 uses higher quality chicken white meat products and Boar's Head Deli meats.

In addition to the Hot Lunch choice, which comes with a hot entrée, hot veggies or salad and a side of fruit, students can choose from a Boar's Head

Deli option, a Chef Salad option or alternate choices of a whole grain bagel plate or whole grain cereal plate that comes with yogurt or string cheese.

Students also now have the gluten-free menu items that change daily and satisfy the appetites of any student!

Each school lunch comes with 1%, skim or fat free plain or flavored milk. Bottled water and snacks are also available a la carte. Ask your child what they had for lunch today! You just might be surprised at how well they ate!

## Introducing: Gluten-Free Lunch in Region 14!

Students now have a variety of gluten-free options on the school lunch menus at all our Region 14 schools.

Each day, the Food Services Department will offer a new gluten-free entrée.

Options include items like Grilled Chicken Patties, meatballs, garden salad, brown rice, hummus and veggie plates, pancakes and sausages and even pizza! Included with their choice is a variety of fruits, vege-

tables and milk. The new gluten-free menu options give students with allergies or sensitivities the option to purchase a healthy and low cost meal right at school.

The gluten-free menu is included in the regular monthly school lunch menus.

If you have any questions or concerns about the new gluten-free menu items, please call Peter Brooks at 203-263-3190.

*"Well-nourished kids are ready to learn and research shows they do better in class. When we give kids plenty of healthy food choices and regular physical activity, they learn healthier habits for life."*



## Try It Out...

Encourage your child to TRY something new in 2017! FREE samples of veggies and fruits and even hummus are available if they ask!

**Check out  
the**

**[School Menus!](#)**