



AOS #98 School Nutrition Newsletter

Winter 2012

AOS #98
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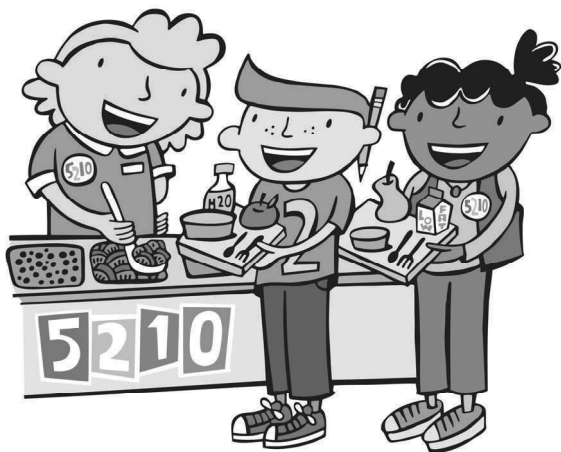


WE DID IT!

After almost two years of continuous improvements in our school nutrition program, our school has met the HealthierUS School Challenge! We are thrilled to have received this recognition which designates us as a school that provides outstanding school lunch, physical education, and nutrition education.

This achievement has only been met by 2% of schools nationwide!

Our school received a plaque, certificate, banner, and \$500 at a recognition event on December 8th, 2011. USDA Under Secretary, Kevin Concannon, attended the event and the local evening news was filled with images of healthy school lunches!



Notice our new and improved menus which include tons of nutrient powerhouses like whole grains, legumes, and extra delicious vegetables.

Our menu offers children the opportunity to try a different fruit or vegetable every day of the week!

Our menus offer:

- A different fruit and vegetable every day of the week
 - At least three nutrient rich dark green or orange vegetables
 - Legumes once a week
 - Whole grains at least three times a week
 - Low fat and fat free milk

**It's the
best deal
in town!**

Our district is a part of the Let's Go! School Nutrition Initiative.

This means that our School Nutrition Program has committed to make important improvements in the foods offered in the cafeteria. We will also be working with Let's Go! to help students, parents and community members learn more about School Nutrition Programs. For more information visit www.letsgo.org.

Adding Canned and Frozen Fruits and Vegetables to Your Day!

How to get your 5...

While fresh fruits and vegetables are delicious, they aren't always available (or affordable!) in the middle of winter. Don't fret! Canned and frozen fruits and vegetables are just as good for you because they are canned or frozen at the height of freshness! They cost less, are easily stored, and are already washed and cut up for your favorite recipe.

Be sure to choose fruit packed in their natural juice, not in syrup and choose canned vegetables that are salt free and simply season to taste.

Use Frozen and Canned by Adding:

Vegetables to:

- Chili
- Soup or stews
- Stir fry

Tomatoes for sauce

Black beans & corn to spice up a Mexican dish

Chick peas, kidney or black beans to any salad

Fruits to:

- Smoothies
- Yogurt parfaits
- Plain yogurt
- Fruit salad
- Cereal
- Stir fry (pineapple)

Or use as a side dish!



Free & Reduced Lunches
Your child may qualify for this confidential benefit. Families can sign up at any time during the school year. Call your child's school for an application.

The Let's Go! School Nutrition Initiative is generously sponsored by the Walmart Foundation and the Harvard Pilgrim Health Care Foundation.

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LET'S GO!
www.letsgo.org