



What's on the Menu?

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May-June 2014

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Menu Highlights

During the months of May and June we will be featuring milk. As part of the new school lunch regulations milk has been made a group of its own. Other dairy products such as yogurt and cheese are counted as part of the meat and meat alternates group. Shrewsbury's Food Service Program offers non-fat flavored milk in chocolate and strawberry, skim milk, and 1% milk. Milk comes FREE as part of a meal and may also be purchased a la carte. All milk served in schools is from New England dairy farms!



What's so good about milk?

- Contains 9 essential nutrients including calcium, vitamin D, vitamin A, and potassium
- #1 source of calcium and vitamin D in the diet
- Helps build, repair, and maintain strong healthy bones and muscles, especially important for growing bodies
- Helps lower your risk of developing osteoporosis
- Low fat varieties may help you reach and maintain a healthy weight as part of a low calorie diet
- Intake of low fat dairy products by adults has also been associated with a decreased risk of developing high blood pressure, heart disease, and type 2 diabetes

How much do I need?

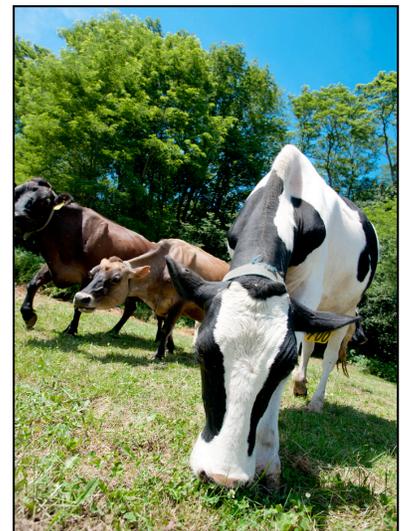
Click (<http://www.choosemyplate.gov/food-groups/dairy-amount.html>) to view a chart.

What counts as a serving?

- Generally an 8 oz (1 cup) glass of milk counts as a serving
- Click (<http://www.choosemyplate.gov/food-groups/dairy-counts.html>) to learn more about serving sizes of other dairy products

Did you know?

- June is Massachusetts milk month!
- Click (<http://www.newenglanddairycouncil.org/docs/Dietary%20Guidelines/30-Days-of-Dairy.pdf>) to view 30 Days of Dairy- 30 tips for incorporating dairy into your diet
- Click (<http://www.choosemyplate.gov/food-groups/dairy-tips.html>) to view more tips about making smart decisions about dairy
- Click (<http://www.massdairy.com/mythsvsfacts.html>) for some dairy Myths & Facts from the Massachusetts Dairy Board
- Click (<http://school.fueledtoplay60.com/tools/nutrition-education/games/other/fueled-for-fun.php>) to play Fueled for Fun from the National Dairy Council



Support Local Dairy Farmers!

- During the month of June many farmers open their farms to visitors for tours
- Click (<http://massnrc.org/farmlocator/map.aspx?Type=Dairy%20Farms>) to search for a Dairy Farm near you

Raffle: Please have your Elementary child write their first and last name on their prepaid lunch ticket. All tickets submitted during the month of May will be entered in a drawing to be held on May 30th, 2014. Additionally names of students who purchased meals at the Middle and High Schools will be included in the drawing. Three winners will be drawn. The prize is 1 month of farm fresh milk or other dairy products delivered to your house from Gibson's Dairy in Worcester. Winners will be able to select up to \$100 worth of dairy products delivered to their home over the month of June. This is a family owned business that provides locally grown and produced products to the Worcester County area. Check out their Facebook page - (<https://www.facebook.com/pages/Gibsons-Dairy/106140626094307>)

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SPECIAL PROMOTIONS

Elementary Schools Promotion

Buy 1 Book of Tickets for \$50.00 and save \$10.00 during the months of May and June 2014. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA 01545. Please include a self addressed stamped envelope. Tickets have no expiration date. Promotion valid for ticket purchases received May 1, 2014 - June 15, 2014.

Oak /Sherwood Middle and High School Schools Point of Sale Promotion

For every \$65.00 put on your student's Meal Magic account an additional \$10.00 will be credited. The promotion can only be processed at the Food Service Department Office. They cannot be processed at the cafeterias. Please send a check to: **Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA 01545.** Please note the student's name whose account you want credited on the memo line of your check. Promotion valid May 1, 2014 - June 15, 2014. No refunds will be issued on past purchases that missed promotions for meal purchases. Promotions are available for the specified dates only. Promotions are not available after the published expiration date.

Elementary School Drawing

Please have your child write their first name, middle initial and last name on their lunch tickets. All tickets tendered during May and June 2014 will be entered in a drawing to be held in June, 2014. Winners will be selected from each of the elementary schools.

Prizes include: Olive Garden Restaurant, Amazon and Barnes and Noble Gift Cards and Books of Elementary Prepaid Meal Tickets - \$60.00 value.

Middle and High School Drawing

Winners will be randomly selected from those students who put money on their Meal Magic POS account during the months of May and June 2014

Prizes include: Olive Garden Restaurant, Amazon and Barnes and Noble Gift Cards and Meal Magic POS account credits of \$60.00.

Drawing Winners March and April 2014

\$25.00 Outback Gift Cards: James Birnie, Richard Joseph, Stephanie Huang, Jasmine Fu, Zoe Wolfus, Jonathan Campos, Teoman Yilmaz and Matthew Desai

\$25.00 Movie Pass Gift Cards: Ashley Lynch, Julianna Lino, Kristen Konz, Anne Tie, Drew Conant, Ayden Belanger, Kaitlyn Minton and Jules Uttaro

\$25.00 Amazon Gift Cards : Grant Xu, Natalia Karadimitriou, Caitlin Kane, Abigail Pacy, Edward Jiao, Nicholas Waller, Amy He and Helena Chernowsky

Elementary Ticket Books: Deegan Miller, Anthony Guarini, Gadiel Ayala-Bruno, Owen Giedrys, Sara Filoteo, Gabriella Klinedinst, Thomas Mendoza, Joseph Wu, Rushil Bist and Alex Shaw

\$60.00 Lunch Credit to POS: Nathan Hess, Justin Furness, Teresa Meyer, Meaghan Pedjoe, Jason Kuzmission and James Manalel.

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NEWS

Free and Reduced Breakfast/Lunch Applications

Free and reduced price meals are available to students if there is financial need. Applications for the 2013-2014 school year are available all year and can be submitted at any time there is a financial need. Applications are available on line at the Food Service web site. If you need an application at any time during the year call the Food Service Office at 508-841-8819 and one will

be mailed to you. Eligibility is governed by guidelines set by the Department of Education. A written notification will be sent to all families stating what program they qualify for.

***Click here for New Electronic Version- Faster Approval, More Accurate Free and Reduced Application form: <https://www.lunchapp.com/>

A new application must be filled out each new school year. Applications for the 2014-2015 school year can be submitted after August 1,2014 but not before.

Food Service Department Contacts

Please contact the Food Service Department with any questions, suggestions, or ideas. The Food Service Department is located at Shrewsbury High School, 64 Holden Street, Shrewsbury, Ma. 01545. The telephone number for the Food Service Director, Beth Nichols is 508 -841-8819 and email is bnichols@shrewsbury.k12.ma.us

Each school site has a manager also available to speak with you. The numbers are as follows.

Beal	841-8874	Kristi Baldino	kbaldino@shrewsbury.k12.ma.us
Coolidge	841-8889	Charlene Campbell	ccampbell@shrewsbury.k12.ma.us
Floral St	841-8723	Sheila Tomaiolo	stomaiolo@shrewsbury.k12.ma.us
Paton	841-8635	Patti Saniuk	psaniuk@shrewsbury.k12.ma.us
Sprimg Street	841-8708	Maria Montano	mmontano@shrewsbury.k12.ma.us
Sherwood	841-8681	Sandy Litchfield	slitchfield@shrewsbury.k12.ma.us
Oak	841-1217	Lisa Phipp	lhipps@shrewsbury.k12.ma.us
High School	841-8848	MaryRicker	mricker@shrewsbury.k12.ma.us

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RECIPE CONTESTS

Recipe Contest Winners - March/April 2014 Vegetarian entree

Award winning Vegetarian Recipes will be featured on High School Menus
First Prize: \$100 EVO Restaurant Gift Certificate to: Caitlin Cullen- Chickpea Veggie Burger with Sweet Potato Chips
Second Prize: \$75 EVO Restaurant Gift Certificate to: Amanda Luyster - Creamy Pasta with Peas
*EVO features options for meat eaters, vegetarians, vegans, and gluten-free guests
Click (<http://www.evodining.com/default.aspx>) to view their website for more details

Resources:
Milk:

1. Massachusetts Department of Agricultural Resources. *Raise Your Glass of Milk to June Dairy Month*. Available at: <http://environment.blog.state.ma.us/blog/2012/06/raise-your-glass-of-milk-to-june-dairy-month-.html> Accessed: February 24, 2013
2. New England Dairy and Food Council. *Health and Wellness*. Available at: <http://www.newenglanddairyCouncil.org/ned.cfm?page=health-professionals> Accessed: February 24, 2013
3. National Dairy Council. *The Dairy Download*. Available at: http://www.nationaldairyCouncil.org/PressandMedia/DairyDownloadNewsletter/Pages/DairyDownload_2012_03.aspx Accessed: February 24, 2013
4. United States Department of Agriculture. *How much food from the dairy group is needed daily?* Available at: <http://www.choosemyplate.gov/food-groups/dairy-amount.html> Accessed: February 24, 2013
5. United States Department of Agriculture. *What counts as a cup in the dairy group?* Available at: <http://www.choosemyplate.gov/food-groups/dairy-counts.html> Accessed: February 24, 2013
6. United States Department of Agriculture. *Health Benefits and Nutrients*. Available at: <http://www.choosemyplate.gov/food-groups/dairy-why.html> Accessed: February 24, 2013
7. New England Dairy and Food Council. *30 Days of Dairy*. Available at: <http://www.newenglanddairyCouncil.org/docs/Dietary%20Guidelines/30-Days-of-Dairy.pdf> Accessed: February 24, 2013
8. National Dairy Council. *Fueled for Fun*. Available at: <http://school.fueluptoplay60.com/tools/nutrition-education/games/other/fueled-for-fun.php> Accessed: February 24, 2013
9. Calorie Count. *Calories in milk*. Available at: <http://caloriecount.about.com/calories-garelick-farms-milk-i269494> Accessed: February 24, 2013
10. Massachusetts Department of Agricultural Resources. *Mass Grown Map*. Available at: <http://www.mass.gov/agr/massgrown/dairy-farms.htm> Accessed: February 24, 2013
11. Massachusetts Dairy Promotion Board. *Photo Gallery*. Available at: <http://www.massdairy.com/gallery.html> Accessed: February 24, 2013