



FOOD



# GOOD NEWS

FALL, 2018

## OPEN SESAME (NOT)

Sorry, sesame—we're closed for your business now.

We're sensitive to food allergies, and we've had several children with sesame allergies in our customers' centers lately.

So we hear you, parents and teachers. We've amended the menu to ensure there's no sesame lurking around in our food.

*These changes take place on October 1<sup>st</sup>.*

### Good Food Company

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*Family-owned, and cooking up healthy meals for schools since 1979.*

## Breakfast of (wee) champions.

They say breakfast food preps the brain for learning. So we prep our breakfast with healthy food that appeals to young minds early in the morning—before the busy-brain day begins.

### New Menu Items

Most kiddos love oatmeal, so we played around with some recipes and decided on three new breakfast oatmeal yummys:

- *Pumpkin*—this will be seasonal (isn't everything *pumpkin* only seasonal?)



- *Apple*—starting in March
- *Blueberry-peach*—served year-round

Many of our lunch customers take advantage of our breakfasts. It's quick and easy, because it's delivered with lunches the day before.

And as with all of our good food, we make sure it's wholesome, fresh, and delicious.

Want to be a breakfast champion? Call us!

## Sometimes...life IS just a picnic.

The heat (and *rain* this year) of summer is easing up, and kids are heading back to school. That means it's time to load the buses and head outside for picnics.

Whether it's a park, an apple orchard, or a pumpkin patch, make sure your picnic is perfect by ordering your lunches in time.

A typical picnic lunch includes a turkey and cheese sandwich, apples, and baby carrots. Easy to pack, pretty popular with the younger crowd, and disposable.

We'd prefer you order online (see the box on right), but you can always call.

### ORDER YOUR PICNIC ONLINE

The online customer area (on our website) is the best way to order your picnic food. Here's the info we need:

1. Date of the picnic (when you will be eating the food)
2. Date you want the food delivered (day before the picnic, or day of the picnic)

## There's a New Stew A'brewin'

### What's "Power Veggie" All About?

One of our new dishes is a stew made with beef and chicken — and a veggie power blend. This special blend is a colorful variety of julienne vegetables that create a party on your plate—with golden broccoli stalks, kohlrabi, brussels sprouts, carrots, kale, and radicchio. That adds up to seven *superfoods* in one lunch.

**su per food** [ˈsoʊpərˌfoʊd] - a nutritionally dense, anti-oxidant rich, natural food product.



*That's one colorful chicken and beef stew — seven superfoods!*

### THE THIGH BONE'S CONNECTED TO THE.....

Well actually, these chicken thighs don't *have* bones.

We've started serving a few of our chicken lunches with boneless, skinless chicken thigh meat.

Yep—we listen to our customers. People asked for boneless, and we're doing our best to keep you happy (but keep costs in check, too).

## Seasonal Menu Mix-It-Up

Even preschoolers get bored with the same food over and over. Or maybe this is what we tell ourselves here, so we can mess around in our giant kitchen to create interesting new meals for young palates.

Either way, your kids win. Because we've made some fun changes over the last few months.

### New Lunch Stuff

- **Maryland-style chicken**—with....guess what? Old Bay seasoning!
- **Chicken alfredo**, but we kicked up the appeal with tri-colored pasta,
- **Power veggie stew**—made sometimes with chicken, and other times with beef. And again with the with multi-color...but this time with potatoes.
- **Whole wheat pizza**—it's the same simple pizza kids love, but now made with a healthier crust that parents and teachers love to feed them.

## With Good Food, It's Easy to Meet New Regulations

This spring, the FDA released some rules around whole grain requirements for child care centers. Centers must now serve at least one whole grain serving per day (and there are *lots* of rules about what is and isn't a whole grain).

Good Food customers in our breakfast *and* lunch programs already meet those strict rules. Because it really is good food.