



FOOD



GOOD NEWS

SUMMER, 2014



Congress Votes, But We Stay Consistent

We've written before about Michelle Obama's "Let's Move" campaign to improve school lunches and reduce childhood obesity. Her efforts took a big blow at the onset of summer as the House Appropriations Committee voted to let schools opt out of the nutritional guidelines passed in 2012.

exceeded federal guidelines for nutrition.

No matter what the mood is in Congress, Good Food will always be sending your child healthy, balanced meals with fruits, veggies, protein, and low salt and fat. It's our mission, and our passion.

Naturally, there are advocates on both sides of this issue, but it can be summed up as a "costs vs. benefits" argument. At Good Food, there's no debate – healthy food is a priority for growing children.

Since we opened our doors in 1978, we have met or



THANK YOU!

Survey says....you still like what we're doing.

Thanks to all of you who took a few minutes to fill out our online customer satisfaction survey.

As always, we're listening to you. We'll be removing a couple menu items that were getting a bit "ho hum", and adding in some new foods to keep the menu lively.

Thanks for the high rankings for our drivers—it always means a lot to them, and to management!

Eat to Defeat

As long as we're talking news, and because it's still summer...we recently read an article about the foods that best fight UV damage.



And guess what? Good Food is already serving most of them to your child.

A study has shown that people who eat these foods as part of their regular diet have reduced chances of skin cancer.

- Tomatoes
- Red bell peppers
- Turmeric
- Broccoli
- Olive Oil
- Salmon

It's summer in D.C., so slather on that sunscreen. And keep these foods on *your* menu too.

Good Food Company

2625 Wilson Blvd.
Arlington, VA 22201
703-527-2095
www.goodfoodco.com
gfoodc@aol.com

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

FRESH HERBS

Soon we'll be transitioning to solely fresh herbs. All our dishes will feature fresh seasoning—tarragon, oregano, basil, parsley, and cilantro.

Why? We say "Why not?" It's tastier, and it's just plain better.



Local Summer Yum!

When the sun's arc is higher, our taste buds are luckier.

Summer means delicious food, and for Good Food customers, it means fresh, local produce.

In their lunches (and breakfasts if your school offers it), your little ones are enjoying fruits and veggies from farms around our area:

- Cantaloupes
- Blueberries
- Watermelons
- Strawberries
- Spinach
- Sweet Potatoes
- Apples
- Milk (always local!)

New to the Menu

At home you wouldn't want to eat the same foods...on the same days...forever. We know the kids need variety, so we change up the menu every now and then. Look for these dishes on our next menu.

New Lunch Items

- Chicken & tarragon noodles
- Tuscan bean & garlic soup
- Chicken & apples
- Pasta with chicken sausage & butternut sauce
- Dirty rice with quinoa & farrow
- Black bean, corn, & chicken quesadilla

New Breakfast/Snack Items

- Apple cheddar breakfast strada
- Flatbread with salmon spread

A Very Veggie Option

Attention wee vegetarians and their parents: Good Food offers a menu just for you.

Our cooks have put together a scrumptious vegetarian menu full of flavor and nutrition. These are just some of the lunches on that menu:

- Pasta salad with avocado, pesto, & egg
- Tuscan bean & garlic soup
- Pasta with tofu, spinach & butternut sauce
- Falafel balls
- Vegetarian dirty rice with quinoa & farrow
- Pierogies with ricotta sauce



Each vegetarian meal comes with a price premium of 30 cents, effective January 2015.