

Quick Bites

EdAdvance Food Services and Region 6 Schools

October 2019

Celebrating Breakfast:

All Region 6 Schools offer breakfast daily!

Research demonstrates that school breakfast consumption:

- *Boosts students' academic performance and test scores
- *Increases concentration, alertness, comprehension and memory
- *Improves classroom behavior, reduces absenteeism and tardiness.

School breakfast participation is also linked to:

- *A lower body mass index (BMI)
- *Lower probability of being overweight or obese

We follow the Federal nutrition standards that ensure school breakfast offers nutritious choices including fruits, whole grains & low-fat/ non-fat milk while limiting calories, unhealthy fat and sodium.



Keeping It Local:

Region 6 Schools have started off the year using local produce from School gardens and the Local Northwest Regional Food Hub!!



FAQ about School Meals:

1. What is required in a school lunch?

School meals are healthy meals that are required to meet the Dietary Guidelines for Americans. ... These standards, also referred to as “the meal pattern,” require schools to offer students the right balance of fruits, vegetables, low-fat or fat-free milk, whole grains and lean protein with every lunch meal.

2. Do schools serve fried foods?

Schools may serve French fries or chicken nuggets, however, because the meals are required to meet the standards of the National School Lunch Program, they are lower in fat. Foods are baked, not fried, made with low-fat or lean ingredients, and served with lots of vegetables and fruit choices. Products are also required to be made with whole grains that make each meal balanced and nutritious.



Prepay Student Meals with My Payments Plus

Visit <http://www.mypaymentsplus.com> or call 1-877-237-0946 to get started.

Your student's ID# is required to set up an account with MealpayPlus and can be obtained from EdAdvance Nutrition Services office at 860-567-0863 x 1113.



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