

SCHOOL NUTRITION NEWSLETTER

RSU 5 Nutrition Highlights

FHS Menu Item

Check out this delicious bean-and-corn salad offered at FHS. Students had the opportunity to add this to their Southwest Rice Casserole. Yum!



Staff Professional Development

In February, all nutrition staff attended a hands-on Local Foods training in partnership with The Good Crust and our DOE Local Foods Coordinator. Staff had the opportunity to work with their team to create a new breakfast item for our menus:

Sweet/Savory Breakfast Bites



Peach Cobbler Breakfast Bite

100% Maine Grain dough, cream cheese filling, topped with peaches, cinnamon & granola



Egg Breakfast Bite

100% Maine Grain dough, eggs, assorted veggies, sausage, and cheese

Kitchen Champion Spotlight



Susan Baker,
MLS Manager

How long have you worked in school nutrition?

- 28 years

What is one kitchen gadget you cannot live without?

- The steamer

What is your favorite part of serving students each day?

- To hear students' excitement about the meal being served

What's your favorite meal on the menu?

- My favorite meal is TACOS, and students love them too!

What's a fun fact others might not know about you?

- I love to go camping with my family!

HOM

We participate in the Harvest of the Month program, which encourages districts to bring more local foods to schools. Be on the lookout for:

March - Maine Protein

April - Maine Dairy

May - Maine Blueberries

Reminders

Breakfast & Lunch are free for all students, regardless of income.

Be sure to follow our Instagram page for more updates & news!
[@rsu5_nutrition](https://www.instagram.com/rsu5_nutrition)

Student Tray



This student's tray features fish sticks, seasoned potato wedges, chocolate milk, and a variety of fresh fruit and vegetables from our salad bar.

Durham Community School