

Farm to School Menu Planning

February 19, 2015



To hear the webinar, dial: 888-566-1192
Passcode: 5894178





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SNA Continuing Education Units

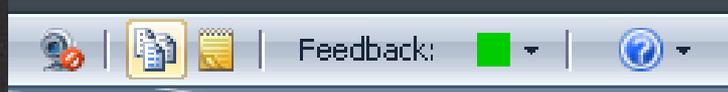


To Receive your SNA CEU certificate email Bob at:

Robert.gorman@fns.usda.gov

Housekeeping

- To download handouts:



- To make a comment or ask a question:



- » Type your question or comment using the Q&A tab
 - » Ask your question or comment on the phone at the end of the webinar by pressing *1
- Please turn off your computer microphone, all audio will be through the phone.
 - The webinar will be recorded and available on the USDA Farm to School website: <http://www.fns.usda.gov/farmentoschool/webinars>

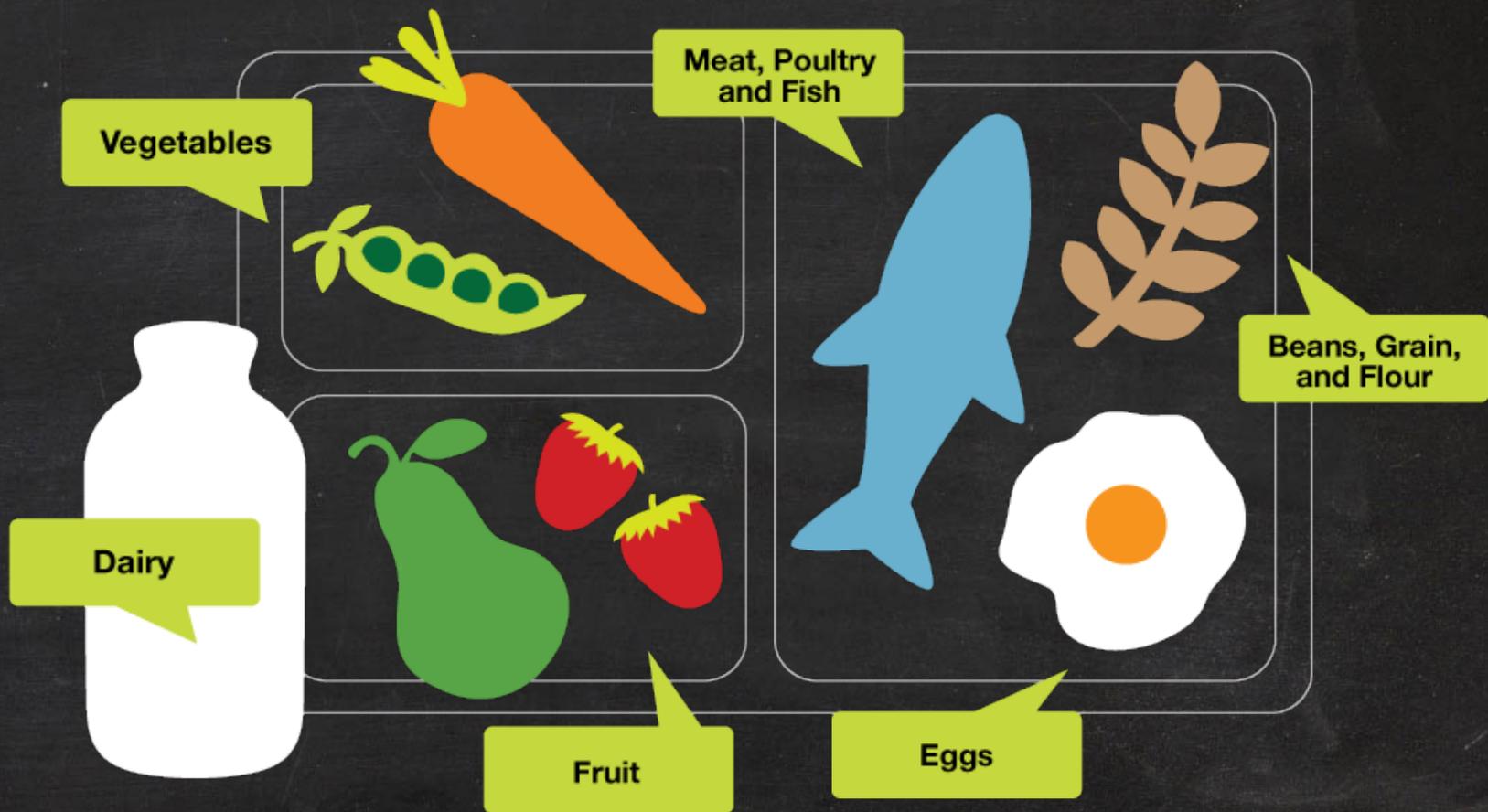
A smiling man wearing a straw hat and a blue and white checkered shirt with dark overalls is holding a large wicker basket filled with fresh vegetables, including green bell peppers, red tomatoes, and leafy greens. The background is dark.

Poll: Who is on the line?



THE
FARM *to* **SCHOOL**
PROGRAM

Local Can Span the Meal Tray





NSLP Meal Pattern

Daily Required Meal Components

- ❖ Fruits
- ❖ Vegetables
 - Vegetables from 5 subgroups must be offered over the week:
 - *Dark Green*
 - *Red/Orange*
 - *Beans/Peas (legumes)*
 - *Starchy*
 - *“Other”*
- ❖ Grains
 - 100% of grains to be “whole-grain rich”
- ❖ Meat/Meat Alternate
- ❖ Fluid Milk
 - Skim milk (unflavored/flavored)
 - Low fat milk (unflavored)



SBP Meal Pattern

Daily Required Meal Components

❖ Fruits

- Vegetable substitution allowed

❖ Grains

- 100% of grains to be “whole-grain rich”
- Meat/MA may be offered after min serving is met

❖ Fluid Milk

- Skim milk (unflavored/flavored)
- Low fat milk (unflavored)





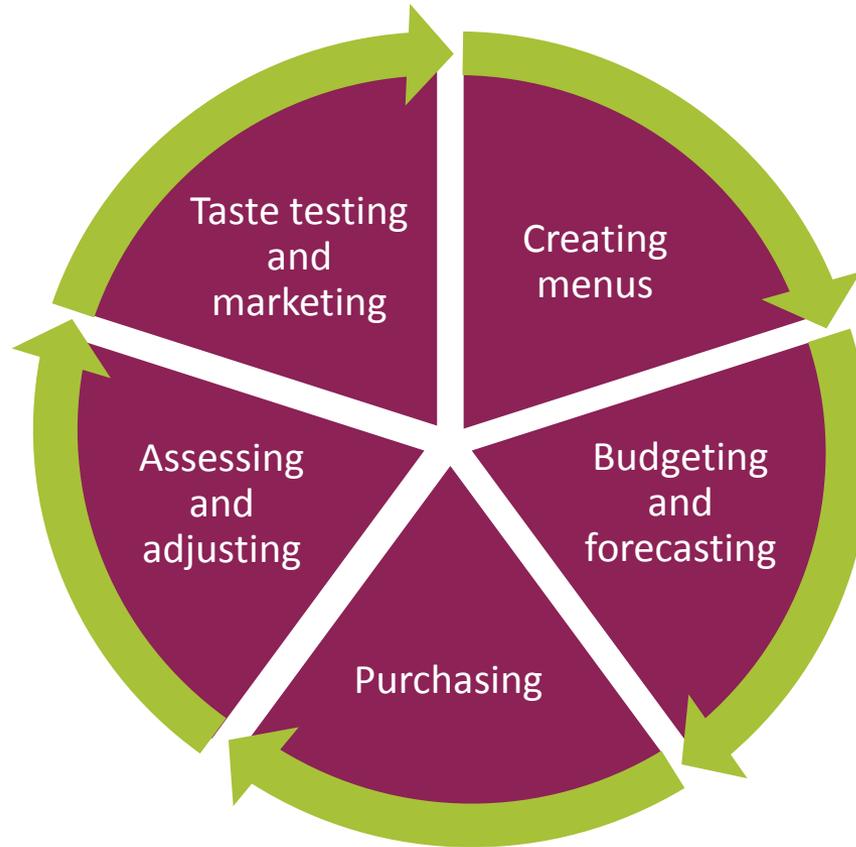
Menu Planning: Fitting local in



THE
FARM *to* SCHOOL
PROGRAM



The Menu Planning Cycle





Menu Creation and Recipe Development

Types of menus:

Non-cyclical-

Menus change monthly, weekly, or daily

Standard cycle-

2-6 week rotation throughout school year

Seasonal cycle-

Menus change every 3-4 months based on what's in season





Recipe Resources

- **USDA developed recipes** – What’s Cooking USDA Mixing Bowl
www.whatscooking.fns.usda.gov/
- **State Agency developed recipes** - Ohio Dept of Ed: Menus that Move:
www.education.ohio.gov/Topics/Other-Resources/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move
- **District developed recipes:**
 - » Boulder School District, Colorado: www.thelunchbox.org
 - » Minneapolis School District, Minnesota:
www.nutritionservices.mpls.k12.mn.us/menu_information



Budgeting and Forecasting

- How many students am I feeding?
- How much food do I need?
- How much can I spend total? How much can I spend on local products?
- What skill set and equipment is needed for the preparation of that item/recipe?
- Can this be prepared on site or at a central kitchen?
- Do we have the kitchen or warehouse space to store all these items?
- Can we get deliveries more than once a week?
- Is their proper distribution within the district if we had a central delivery of items?



Integrating Local Foods

- Discovering what's already local
- Harvest of the month program
- Ingredient substitution
- New recipe development
- Salad bar
- A la cart or fundraisers
- Themed menus for special events



Oregon Harvest Day



Grilled Cheese Sandwich

Tillamook Cheese: Tillamook, Oregon
Franz Whole Wheat Bread: Springfield, Oregon

Harvest Soup

Butternut Squash: Johnson's Farm, Eugene, Oregon
Parsley & Leeks: Peoria Road Farm Market, Corvallis, Oregon
Bulgur: Bob's Red Mill, Milwaukie, Oregon

Sloppy Joe

Bartels Farm Beef: Eugene, Oregon

Asian Pears

King Estate: Eugene, Oregon

Salad Bar

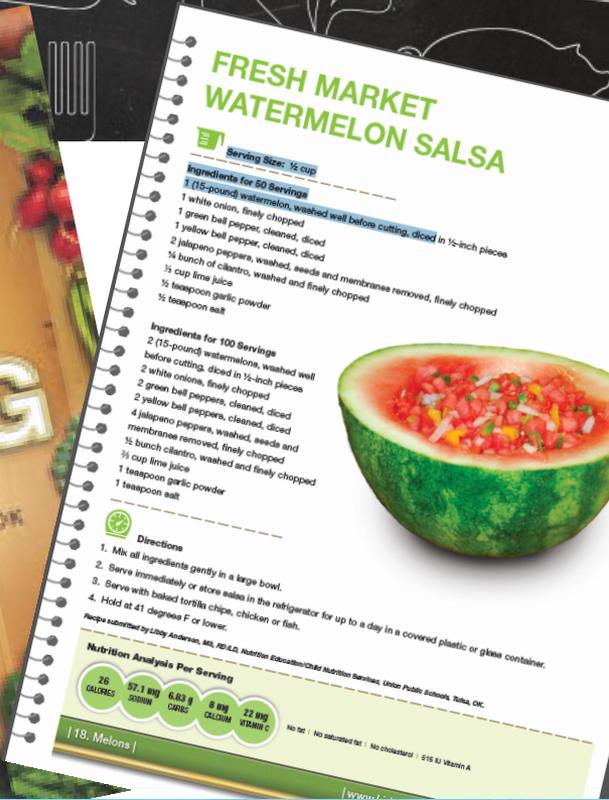
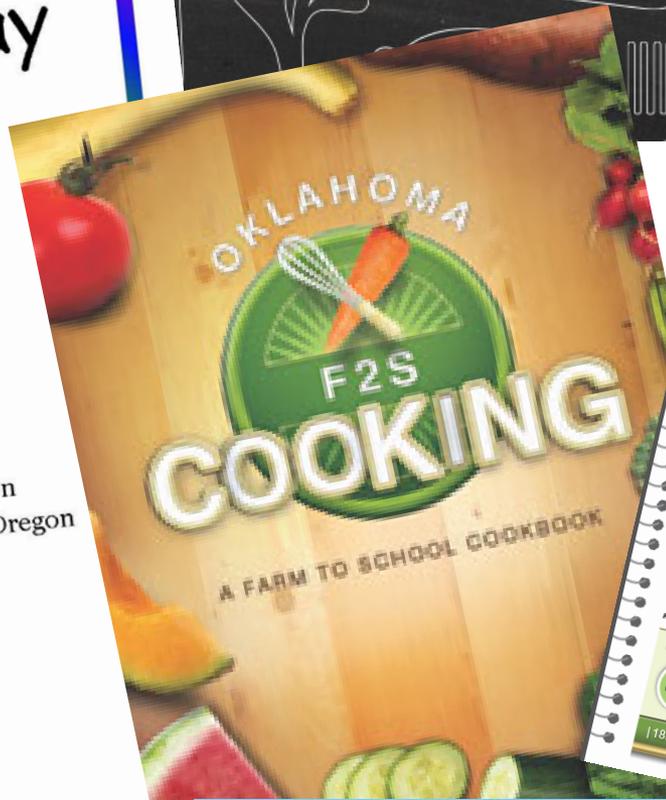
Romaine Salad: Johnson's Farm,
Cherry Tomatoes, Carrots, Cucumbers, Peppers: Thistledown Farm
Radishes: Cal Pacific Farms
Spinach: Groundwork's Organic Farm

Sugar Cookie

Camas Country Mill Whole Wheat Flour: Eugene, Oregon

Milk

Lochmead Farms, Junction City, Oregon



FRESH MARKET WATERMELON SALSA

Serving Size: 1/2 cup

Ingredients for 50 Servings

- 1 (15-pound) watermelon, washed well before cutting, diced in 1/2-inch pieces
- 1 white onion, finely chopped
- 1 green bell pepper, cleaned, diced
- 1 yellow bell pepper, cleaned, diced
- 2 jalapeno peppers, cleaned, seeded and membranes removed, finely chopped
- 1/4 bunch of cilantro, washed and finely chopped
- 1/4 cup lime juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt

Ingredients for 100 Servings

- 2 (15-pound) watermelons, washed well before cutting, diced in 1/2-inch pieces
- 2 white onions, finely chopped
- 2 green bell peppers, cleaned, diced
- 2 yellow bell peppers, cleaned, diced
- 4 jalapeno peppers, washed, seeded and membranes removed, finely chopped
- 1/2 bunch cilantro, washed and finely chopped
- 1/2 cup lime juice
- 1 teaspoon garlic powder
- 1 teaspoon salt

Directions

- Mix all ingredients gently in a large bowl.
- Serve immediately or store salsa in the refrigerator for up to a day in a covered plastic or glass container.
- Serve with baked tortilla chips, chicken or fish.
- Hold at 41 degrees F or lower.

Nutrition Analysis Per Serving

26 CALORIES	57.1 MG SODIUM	6.63 g CARBS	8 MG CALCIUM	22 MG VITAMIN A
-------------	----------------	--------------	--------------	-----------------

18 Melons | No fat | No saturated fat | No cholesterol | 21% DV Vitamin A





Assessing and Adjusting

- Analyze what foods were taken
- Analyze what foods were eaten (plate waste audits)
- Ask students what they thought!



Marketing - Taste Testing



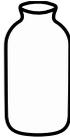


Evolution of a Local Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Submarine Sandwich on Whole Wheat Roll	Whole Wheat Spaghetti with Meat Sauce	Chef Salad	Oven-Baked Fish Nuggets	Whole Wheat Cheese Pizza
Three Bean Salad	Whole Wheat Roll	Whole Wheat Soft Pretzel	Whole Wheat Roll	Caesar Salad
Jicama	Green Salad	Corn	Mashed Potatoes	Grape Tomatoes
Green Pepper Strips	Broccoli & Cauliflower	Baby Carrots	Steamed Broccoli	Apple Sauce
Cantaloupe Wedges	Kiwi Halves	Banana	Canned Peaches	Skim and low fat Milk
Skim and low fat Milk	Skim and low fat Milk	Skim and low fat Milk	Skim and low fat Milk	



Evolution of a Local Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Submarine Sandwich on Whole Grain Roll Three Bean Salad Jicama  Fresh Peas Cantaloupe Wedges Skim and Low Fat Milk	 Whole Wheat Spaghetti with Meat Sauce Whole Wheat Roll Green Salad Broccoli & Cauliflower Kiwi Halves Skim and Low Fat Milk	Chef Salad Local Spanish Rice with Corn  Carrots Banana  Skim and Low Fat Milk	 Oven-Baked Local Fish Sandwich on a Whole Grain Roll Mashed Potatoes Steamed Broccoli  Canned Pears Skim and Low Fat Milk	Whole Wheat Cheese Pizza Caesar Salad Grape Tomatoes  Strawberries Skim and Low Fat Milk

Salida Public Schools



Danny Quinto
Food Service Director
Salida School District



Margaret Fitch
Farm to School
Program Manager
Guidestone



District Overview

- 1,194 students
- 6 campuses
- 47% qualification for free and reduces lunches
- 750 meals served daily
- 75% participation rates (2014-15)
- Serve breakfast and lunch



District Overview

- **“Freshness is the first criterion, in tandem, lightness and clarity let true flavors and nutrition emerge”**
 - » Intercontinental, seasonally based menus
 - » Onsite preparation
 - » Culinary skills training in every kitchen
 - » 70% of scratch cooking
 - » Serve infused water, exclude all simple sugars





Integrating Local Foods

- **Delivering highly nutritious meals through fresh, local produce and products**
 - » Procure and integrate, local meat, cheese, and school garden produce
 - » Developed new recipes, focused on cooking from the bottom of the pot up
 - » Fresh fruit and salad bars installed in every school
 - » Turn garden produce into food and then freeze, to protect the nutritional value
 - » Process garden produce when available in summer





Budgeting and Forecasting

- **Local produce primarily comes from Salida School Garden, additionally source local cheeses and meats**
 - » 40% of budget spent on local products
 - » Local purveyors deliver meat and cheese, direct delivery from school garden
 - » Informal bidding process
 - » Forecast based on a four-week menu cycle, changed every semester



Farmer Relationships

- **Healthy Food, Healthy Growing, Salida School Gardens Program**
 - » Partnership between District, Guidestone, Livewell Chaffee County
 - » Just under 3,000lbs of garden produce has been incorporated into school meals since the beginning of program
 - » District and Guidestone collaborate to provide garden-based educational opportunities





Marketing - Taste Testing

Work to develop the palates of the students through school meals, and engage them in the food system through Garden Education

- **Where,** Taste tests at the garden and during in-class garden based lessons
- **What:** Variety of School Garden Produce
- **Why:** To introduce students to new foods & provide an opportunity to taste the fruits of their labor
- **How:** Field tips, lessons, National Farm to School Month 'Healthy Food Parties'





THE
FARM to SCHOOL
PROGRAM

Fayetteville Public Schools



Ally Mrachek MS, RD

Nutrition Supervisor

Fayetteville Public Schools

District Overview

- 9,500+ students
- 14 schools
- ~2,100 breakfasts and ~4,700 lunches daily
- 42% of students are free/reduced meal eligible
- 52% participation rates (2014-15)
- Meal programs:
 - » Breakfast, Breakfast in the Classroom, Lunch, Snacks, Seamless Summer and Summer Snack Program





District Overview



FPS
Seed to Student
think. grow. eat.



THE
FARM to SCHOOL
PROGRAM

Integrating Local Foods

- Starting small: summer meals
- District-wide distribution
- Ordering



Integrating Local Foods: Preservation



Integrating Local Foods: Events



Local Harvest Lunch

Thurs., Oct. 16th 2014 | All Fayetteville Public Schools

October is National Farm to School Month! To celebrate, the FPS Child Nutrition Dept. will serve lunches made with ingredients from farms in NW Arkansas.

Menu for the Day

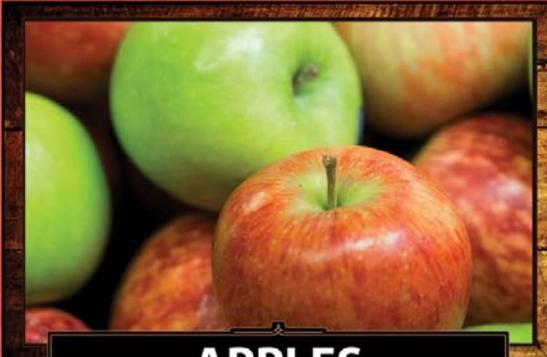
- “Farmer (sloppy)” Joes with local beef from Shumate Farms in Elkins, AR, bell peppers from McGarrah Farms in Lowell, AR, and buns from Harris Baking Co. in Rogers, AR
- Summer Squash Medley with squash from McGarrah Farms in Lowell, AR
- Crunchy Apple Salad with apples from A&A Orchards in Berryville, AR and yogurt from Hiland Dairy in Fayetteville, AR
- Salad bar featuring a variety of local vegetables from NW Arkansas farms

Parents who would like to eat the Local Harvest Lunch with their child should ask the school’s front office in advance whether guests are invited to attend. The cost for a guest meal is \$3.25 and can be paid the day of at lunch check out.



Integrating Local Foods: Education

FAYETTEVILLE PUBLIC SCHOOLS
HARVEST of the MONTH



APPLES

PRODUCE **PREPARE** **PLATE**

Fact: The Arkansas state flower is the apple blossom because of the state's impressive apple-growing history. Apples are harvested in the fall and can be stored for months before eating. Buy them from a local farmer at the farmers' market.

2020
EDUCATION CONNECTION
Arkansas.gov

ARKANSAS
GROWN
PRODUCE

FAYETTEVILLE PUBLIC SCHOOLS
HARVEST of the MONTH

APPLES

Spiced Apple Baked Oatmeal

Prep time: 40 min. (including 30 min. for baking)
Makes: 4 servings

Ingredients:

- 1 egg
- 1 1/2 cups milk
- 1/2 cup maple syrup or honey
- 1 teaspoon vanilla extract
- 2 1/2 cups rolled oats
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 cups apples, chopped

Instructions:

- Preheat oven to 375 degrees and grease an 8x8 inch baking dish with butter or oil.
- In a large bowl, stir together the oats, cinnamon, and salt.
- In a separate bowl, stir together the egg, milk, maple syrup, and vanilla extract. Whisk together.
- Add the dry ingredients to the wet ingredients and stir until combined.
- Stir in the chopped apples. Transfer the mixture to the prepared baking dish.
- Bake for 30 minutes, or until the oatmeal is set.

Serving Suggestion:
Make this dish on Sunday and eat as a quick breakfast during the school week.
Recipe can be doubled or tripled.



Budgeting and Forecasting

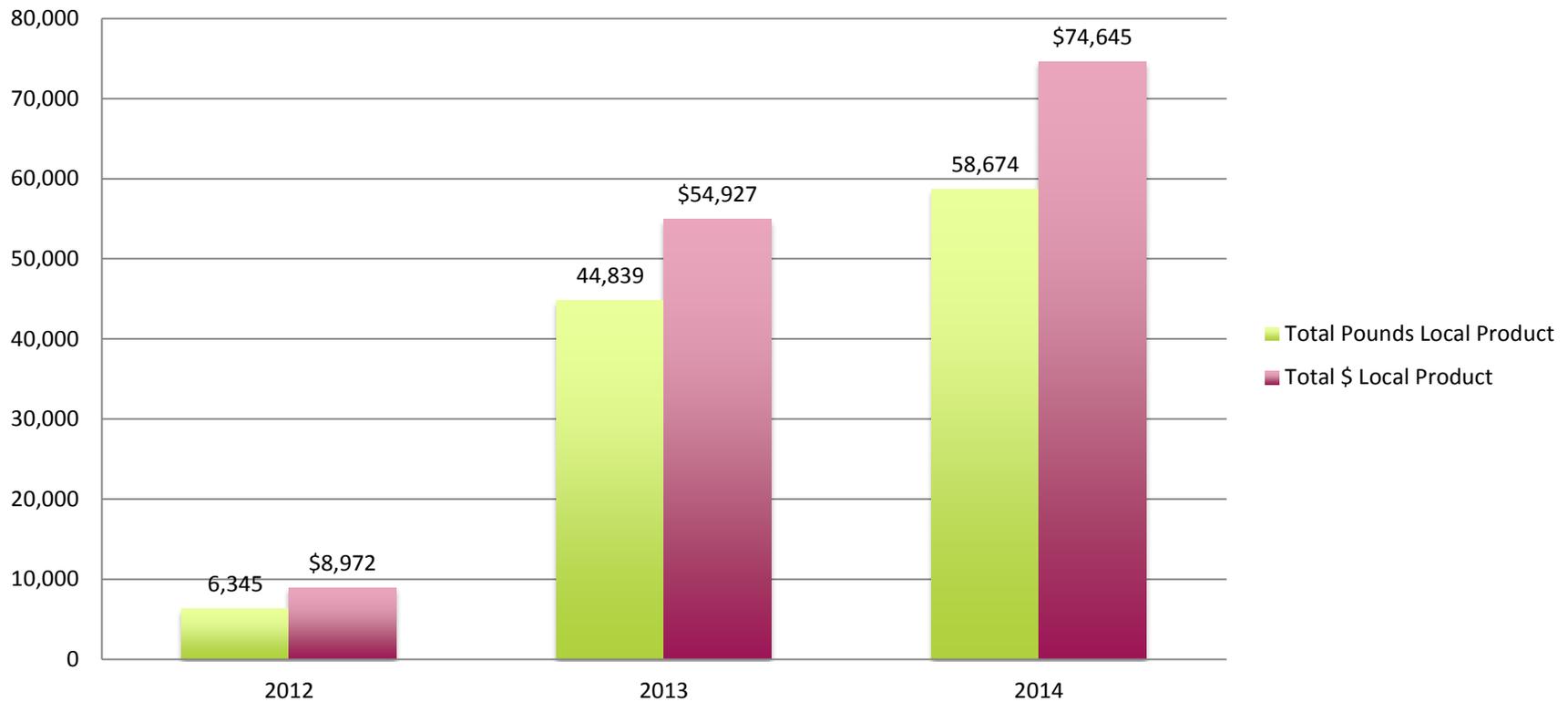
- **Purchase directly from grower or company**
 - » 6 farms & 1 grower co-op
- **10.8% of food budget spent on local foods (Fall 2014: \$62,000)**
 - » Not including dairy, bread and rice
- **Formal and informal bidding**
- **Forecasting techniques: annually, seasonally, weekly**
 - » Based on information in bid packet + continual communication





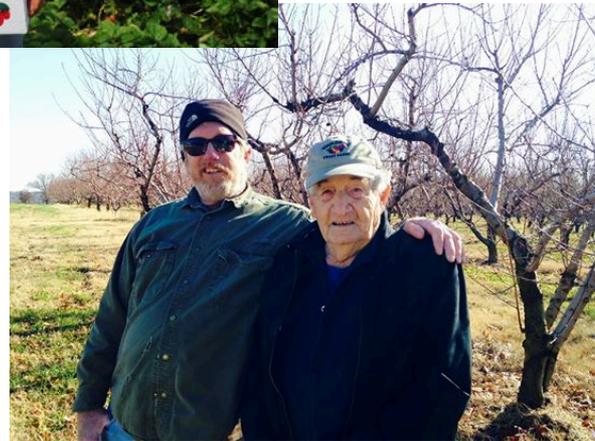
Budgeting and Forecasting

Annual Local Procurement 2012-2014





Farmer Relationships



We proudly sell to



Fayetteville Public Schools

Marketing & Promotion

- » Student engagement +
- » positive environment to try new foods +
- » increase excitement around school meals and cafeteria +
- » trial new and healthier recipes +
- » share positive school food stories
- » = ***greater participation***



Marketing & Promotion



Purple Dogs Go Green

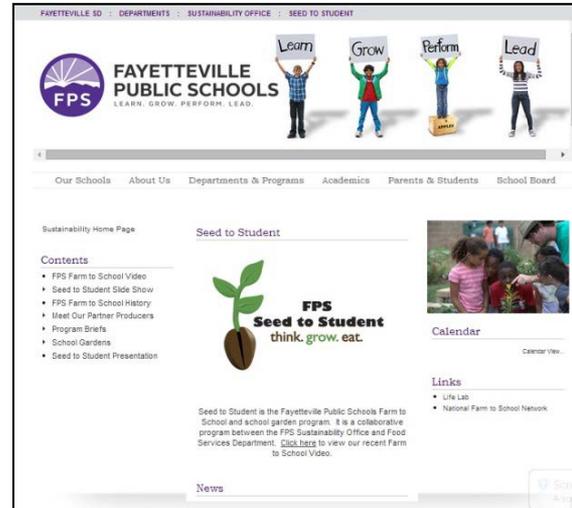
When you see **green...**



you know that food item came from a farm near you!



A project of **FPS Seed to Student think.grow.eat.**



FAYETTEVILLE SD : DEPARTMENTS : SUSTAINABILITY OFFICE : SEED TO STUDENT

FPS FAYETTEVILLE PUBLIC SCHOOLS
LEARN. GROW. PERFORM. LEAD.

Learn Grow Perform Lead

Our Schools About Us Departments & Programs Academics Parents & Students School Board

Sustainability Home Page

Seed to Student

FPS Seed to Student think.grow.eat.

Seed to Student is the Fayetteville Public Schools Farm to School and school garden program. It is a collaborative program between the FPS Sustainability Office and Food Services Department. [Click here](#) to view our recent Farm to School Video.

News



k.com/FPSGoesGreen

FPS Sustainability Office

Our FPS Seed to Student preservation program is in full swing. Today we processed 200# of summer squash with the goal of canning and freezing 1,000# of it for winter school meals by the end of July. We've got that! Many thanks to FoodCorps Arkansas and our fearless volunteers... with Kaleb Shearer and 2 others. (1 photo)

Like Comment Share 3 Shares

Like us on Facebook!
Fayetteville Public Schools Sustainability Initiatives
or
FPS Goes Green





Minneapolis Public Schools



Bertrand Weber
Culinary & Nutrition Services Director
Minneapolis Public Schools



Andrea Northup
Farm to School Coordinator
Minneapolis Public Schools



34,400 students

- 65% eligible for Free or Reduced price meals
- 37% African American, 32% White/Caucasian, 19% Hispanic/Latino, 7% Asian American, 4% Native American

40,000 meals served daily

- 12,000 breakfasts, 24,000 lunches, 4,500 snacks
- 63% participation

61 sites

- 19 with kitchens 😊
- 42 without 😞
- 48 salad bars 😊



School Sites

K-8 satellite

K-8 onsite

Middle
Schools

High
Schools



Farm to School

Small, sustainable farmers within ≈ 100 mile radius

Contracts with farmers for fresh produce items

Special purchases, like Minnesota Thursdays

Local

Larger farmers and manufacturers within ≈ 200 mile radius

Through regular vendors or direct from manufacturers

Produce, meat, bread products, grains






Apples in recipe

 Salad bar

 Frozen
Corn

Entrees


Tortilla

 Meat




Condiment

Bean/grain salad ingredients



Roasted side



Meat

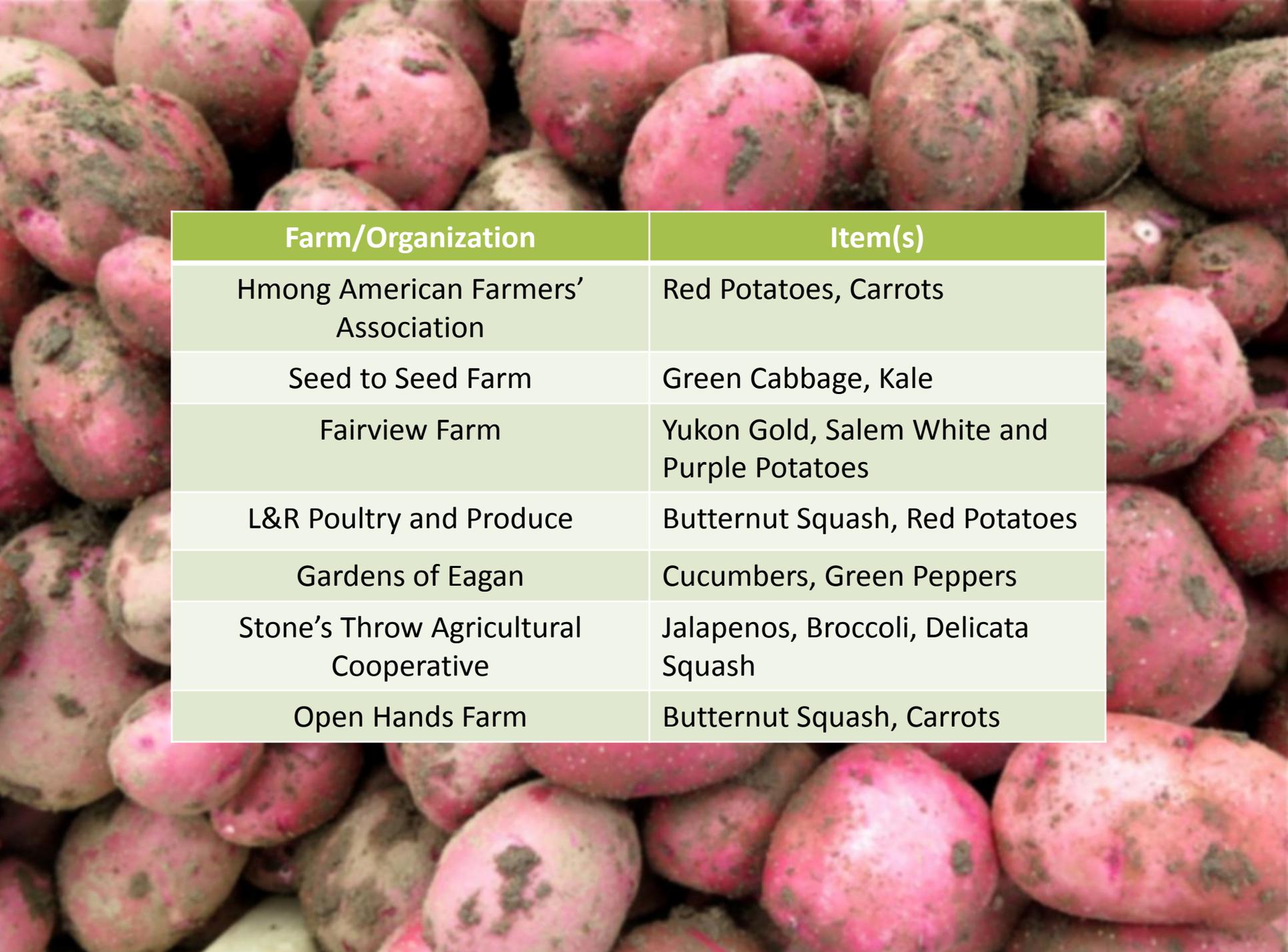


Sauce recipe





F F V P
fresh fruit and vegetable program



Farm/Organization	Item(s)
Hmong American Farmers' Association	Red Potatoes, Carrots
Seed to Seed Farm	Green Cabbage, Kale
Fairview Farm	Yukon Gold, Salem White and Purple Potatoes
L&R Poultry and Produce	Butternut Squash, Red Potatoes
Gardens of Eagan	Cucumbers, Green Peppers
Stone's Throw Agricultural Cooperative	Jalapenos, Broccoli, Delicata Squash
Open Hands Farm	Butternut Squash, Carrots

Farm

Aggregator
(in some cases)

Russ
Davis

Nutrition
Center or
School



Step 1: Align cycle menu with Seasonality, Forecast

What's GROWING around here?

This is a **Seasonality Chart**. It shows which fruits and vegetables are ripe on farms near Minneapolis during the different months of the year. Fruits and vegetables taste great just after they're picked, but they only grow in certain seasons.



<h2>High School Lunch</h2>				
JANUARY				
monday	tuesday	wednesday	thursday	friday
5 MILL CITY CAFE Potato Crusted Fish with Cilantro Lime Rice Peas & Carrots ETHNIC BOWL Kung Pao Chicken & Brown Rice TC GRILL Hamburger or Black Bean Chipotle Burger	6 MILL CITY CAFE Chicken Chow Mein with Rice, Broccoli MINNEAPOLIS DELI Buffalo Chicken Flat Bread (hot) or Turkey, Ham, Tuna Salad CAFFE ITALIANO Cheese or Beef Pepperoni Pizza	7 MILL CITY CAFE Upside Down Chili with Cornbread Mixed Vegetables ETHNIC BOWL Kung Pao Chicken with Brown Rice TC GRILL Spicy Chicken on a Whole Grain Bun	8 MILL CITY CAFE BBQ Minne-Dogs with Wild Rice Blend, Green Beans Haralson Apple MINNEAPOLIS DELI Buffalo Chicken Flat Bread (hot) or Turkey, Ham, Tuna Salad CAFFE ITALIANO Cheese or Beef Pepperoni Pizza	9 MILL CITY CAFE Chicken & Cheese Quesadilla on a Whole Grain Tortilla Baja Corn, Refried Beans ETHNIC BOWL Kung Pao Chicken with Brown Rice TC GRILL Fish Sandwich on Whole Grain
Market Cart Salad Bar		Market Cart Salad Bar featuring Curried Rice Salad		
12 MILL CITY CAFE Tater Tot Hot Dish Mixed Vegetables MINNEAPOLIS DELI Tex Mex Flat Bread (hot) or Turkey, Ham, Tuna Salad CAFFE ITALIANO Chicken Penne Alfredo	13 MILL CITY CAFE BBQ Chicken Drumstick Corn, Sweet Potato Jujos ETHNIC BOWL Cuban Pork Bowl with Brown Rice, Black Beans TC GRILL Hamburger or Black Bean Chipotle Burger	14 MILL CITY CAFE Shepard's Pie Broccoli MINNEAPOLIS DELI Tex Mex Flat Bread (hot) or Turkey, Ham, Tuna Salad CAFFE ITALIANO Cheese or Beef Pepperoni Pizza	15 MILL CITY CAFE Homestyle Mac & Cheese Peas & Carrots ETHNIC BOWL Cuban Pork Bowl with Brown Rice, Black Beans TC GRILL Asian Turkey Burger on Whole Grain, Pineapple Salsa	16 NO SCHOOL
Market Cart Salad Bar featuring Texas Caviar		Market Cart Salad Bar featuring Wheat Berry Salad		
19 NO SCHOOL	20 MILL CITY CAFE Swedish Meatballs w/ Egg Noodles, Peas & Carrots MINNEAPOLIS DELI Meatball Marinara Sub (hot) or Turkey, Ham, Tuna Salad CAFFE ITALIANO	21 MILL CITY CAFE Grilled Cheese & Tomato Soup Mixed Vegetables ETHNIC BOWL Beef or Bean Taco Bowl with Brown Rice, Pinto Beans TC GRILL	22 MILL CITY CAFE BBQ Pulled Pork on a Bun Broccoli Roasted Red Potatoes MINNEAPOLIS DELI Meatball Marinara Sub (hot) or Turkey, Ham, Tuna Salad	23 MILL CITY CAFE Roasted Turkey Breast Green Beans Mashed Potatoes & Gravy ETHNIC BOWL Beef or Bean Taco Bowl with Brown Rice, Pinto Beans

What will work

Seasonality/Storage

Food + Processing Cost

Quality

Equipment/Labor

Volume

“Dirty Dozen”

Step 2: Find and Contract with Farmers



Minneapolis Public Schools
Culinary and Nutrition Services
812 Plymouth Avenue North
Minneapolis, MN 55411
P: 612-668-2820

**2014-2015 School Year
Request for Information – Farm to School Produce**

Responses must be submitted to Minneapolis Public Schools by January 29th at 5pm CST. To be considered, one copy of completed RFI (Part 3) must be submitted by:

1. Email to Andrea Northup at andrea.northup@mpls.k12.mn.us **OR**
2. Fax to Andrea Northup's attention at 612-668-2830 **OR**
3. Mail to:

Andrea Northup
MPS Nutrition Center
812 N. Plymouth Ave
Minneapolis, MN 55411

An optional Question and Answer Phone Call will be on Tuesday January 21st from 10:00-11:00AM
Conference Dial-in Number: (712) 432-1500, Participant Access Code: 496859#

Responses must be received by Wednesday, January 29th by 5pm CST.

This RFI is for individual farms interested in participating in MPS Farm to School Program. For organizations working with multiple farms, please use the Multiple Farms RFI. Contact Andrea Northup at andrea.northup@mpls.k12.mn.us or 612-668-2854 for a copy.



Product	Farm	Process vs. Repack	Total #	F2S Price/# to MPS	RDW Price/# to MPS	Total F2S	Total RDW	Diff
Butternut Squash	L&R	Process	6000	\$1.30	\$1.80	\$7,823	\$10,788	-\$2,965
Broccoli	Shared Ground	Process	3700	\$3.11	\$1.90	\$11,509	\$7,030	\$4,479
Green Pepper	Shared Ground	Process	900	\$1.86	\$1.89	\$1,676	\$1,701	-\$25
Green Pepper	Shared Ground	Repack	700	\$1.25	\$1.21	\$873	\$844	\$29



Step 4. Get to know our farmers

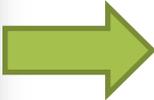




Step 5: Staff Training



Step 6: Monthly Menu Meetings – Plug in local items using F2S Availability List



Step 7: Schools order as usual, swap in F2S items

OCT/21/2013/MON 11:01 AM Russ Davis

FAX No. 651-645-1389

P. 001

TO APPROVE

1684285 ROOSEVELT HIGH SCHOOL
 DELIVER DATE: 10/22/13
 ROUTE: B25 - 25

North Country Produce - PO BOX PA
 St. Paul, MN 55114 10
 C O N F I R M A T I O N 10
 CO

SHIP-TO: 002406
 ROOSEVELT HIGH SCHOOL
 4029 28th AVE S.
 MINNEAPOLIS, MN 55406

CUST P.O.1: 55949
 CUST P.O.2:
 SALESMAN: CRICKET JAMES
 PICK DATE: 10/21/13
 DELIVER DATE: 10/22/13
 ENTERED BY: WEB 10/15/13

SPECIAL INSTRUCTIONS:
 ENTER THROUGH DOOR 9

COMMENTS:

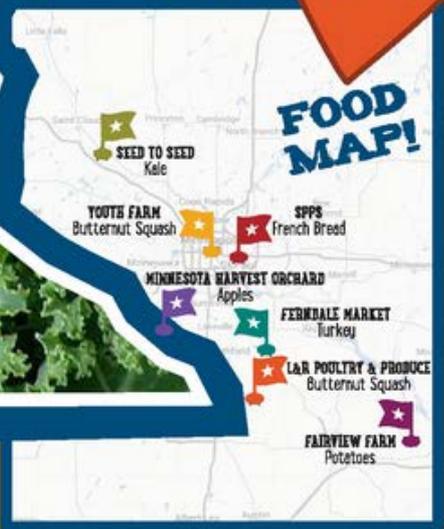
LN	ORDERED	ITEM	PRICE	PRICE EXT
1	8	VALENCIA ORANGE 38#	138 CT 18.75	150.00
2	8	2 EACH CILANTRO	SPLIT 1.70	13.60
3		4 F2S BUTTERNUT SQUASH 3/4"	5LB CASE 9.95	39.80
4	2	*SLIMS* BABY CARROTS	4/5# 19.05	38.10
5	1	CARROT SHREDDED SCHOOL	5LB CASE 7.05	7.05
6	2	CAULIFLOWER SALAD BAR SCHO	5LB CASE 12.60	25.20
7	1	6CT NAKED CELERY	6CT 5.15	5.15
8	3	SQUASH CHAYOTE SHREDDED SC	5LB CASE 7.65	22.95
9		2 F2S COLESLAW MIX	2/5# 10.49	20.98
		PRODUCT OF N/A		
10	3	JALAPENO DICED 1/4" NO SEE	5LB CASE 13.75	41.25
11	1	ROMAINE CHOPPED SCHOOL	4/2.5# 12.90	12.90
12	2	PEELED YELLOW ONIONS	10# 15.25	30.50
13	2	PEPPER GREEN SLICED 1/4 SC	5LB CASE 9.60	19.20
14	2	PEPPER RED DICED 1/4" SCHO	5LB CASE 12.90	25.80
15		6 F2S POTATO RED QUARTERED	5# 9.70	58.20
		PRODUCT OF USA		
16		6 F2S POTATO WHITE WHOLE PEELED	5# 9.80	58.80
		PRODUCT OF USA		
17		2 GRAPE TOMATOES	12/1 PT 14.65	29.30
18		4 F2S CARROT MATCHSTICK 1"	5# CASE 11.15	44.60
		PRODUCT OF N/A		



OCT 2, 2014



MENU
Roasted Turkey Breast
Mashed Potatoes & Gravy
Butternut Squash Bake
Apple Kale Salad
Local Apple, French Bread



#MNThurs

@MPS_TRUEFOOD

Lunch on the first Thursday of every month will feature seasonal, Minnesota-grown ingredients. It's just another way we support local food and offer you fresh, delicious options!





 TRUE FOOD
TASTE TEST!



Upcoming Webinar on March 5th: Food Safety



Thank You! Questions?

**To Receive your SNA CEU
certificate email**

Robert.gorman@fns.usda.gov



Chef Danny Quinto
Food Service Director
Salida Public Schools
dquinto@salidaschools.org

Ally Mrachek , MS, RD
Nutrition Supervisor
Fayetteville Public Schools
Allyson.mrachek@fayar.net
Facebook: FPSGoesGreen

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