

## Farm to School – Harvest of the Month Schedule 2013-2014

**Objective:** To educate students and their families about the availability, flavor profile, and nutrition of locally grown products.

**Method:** Food Service will partner with principals and teachers, Live54218, and volunteers to expose students to locally grown produce. Live54218 will provide teachers and parents with Harvest of the Month Family, Educator, and Community Newsletters containing local farm and nutrition information, recipes, and activities. Food service will incorporate the product into the elementary menu 3-4 times within the target month.

Month	Product	Taste Test Idea	Menu Integration/Recipe Suggestions*
September	Melon	Melon medley	Pineapple Melon Salad; Melon Poppy Seed Salad; Go Bananas Melon Dip; Melon with Sunshine Dip; Watermelon Romaine Salad; Chicken Salad with Cantaloupe; Fresh Market Watermelon Salsa
October	Apples	Sweet & tart apple combo	Apple Cider Stew; Baked Apples; Baked Sweet Potatoes & Apples; Cucumber Apple Salad; Pork Roast w/ Apples; Strawberry Applesauce; Applesauce Cake; Whole Grain Apple Crisp; Autumn Harvest Salad; Apple-Cranberry Crunch; Zucchini, Carrot & Applesauce Cake; WI Apple Crisp; Apple-Cheese Quesadilla, Apple Oatmeal Muffins, Cranberry Apple Chicken Wrap Sandwich
November	Pumpkin	Pumpkin seeds	Pumpkin Bars, Pumpkin Soup, Toasted Pumpkin Seeds
December	Squash	Roasted butternut squash	Roasted Butternut Squash; Spiced Butternut Squash; Butternut Rice Pilaf; Winter Squash Muffins, Bread or Biscuits; Mashed Butternut Squash & Sweet Potato; Butternut Squash Soup; Cider Glazed Squash; Crunchy Veggie Wraps; Roasted Veggie Sandwiches; Butternut Squash & Sweet Potato Bake; Harvest “Fries”; Butternut Cranberry Bread
January	Beets	Marinated beets	Roasted Root Vegetables, Beets & Sweets; Cold Beet Salad w/ Raspberries; Carrot, Parsnip & Beet Salad; Roasted Root Vegetables; Beetnick Cake; Roasted Root Vegetables; Balsamic Glazed Beets
February	Beans – Dried or Canned	Black bean dip with veggie dippers	Black Bean, Corn & Tomato Fiesta Salad; Chipotle Rice & Beans; Easy Hummus Dip; Italian Bean & Pasta Salad; Marinated Black Bean Salad; Three Bean Salad; Vegetarian Chili; White Chicken Chili; Beef & Bean Nachos; Chipotle Chicken Burrito; Turkey Black Bean Chili; Vegetarian Rice Bowl; Whole Grain Beef & Bean Enchilada; Bean & Barley Soup; Bean Dip
March	Mixed Greens	Salad greens & vinaigrette	Spring Salad Mix; Chicken & Spinach Alfredo Pasta; Spinach Salad w/ Grape Tomatoes; Touchdown Tomato Basil Soup; Chicken Caesar Salad; Caesar, Greek, Honey Mustard, or Ranch Dressing; Caesar, Mediterranean, Greek or Southwest Chicken Wrap; Watermelon Romaine Salad; Spinach Sunshine Salad; Eagle Pizza; Tropical Slaw
April	Potatoes	Raw sweet potato sticks with maple Greek yogurt dip	Gold Rush Pizza; Sweet Potato Salad w/ Citrus Vinaigrette; Apple Glazed Sweet Potatoes; Winter Turkey Pot Pie, Sweet Potato Muffins or Bread; Potato Frittata; Parsnip & Potato Chips; Mashed Red Potatoes; Shepherd’s Pie; Sweet Potato Fries; Crunchy Vegetable Burritos; Baked Sweet Potatoes; Garlic Mashed Potatoes; Pureed Sweet Potatoes w/ Pineapple; Roasted Potato Wedges; Baked Potato Bar; Winter Vegetable Roast; Potato Salad; Breakfast Bake
May	Berries	Dried mixed berries	Spring Salad Mix, Wheat Berry Salad w/ Pineapple; Sage Dressing w/ Dried Cherries; Triple Berry Buckle; Berry Poppy Seed Salad; Go Bananas Berry Dip; Rainbow Fruit Salad; Raspberry Grape Salad; Tropical Fruit Salad; Fruity Breakfast Parfait; Strawberry Yogurt Breakfast Split; Apple-Cranberry Crunch; Autumn Harvest Salad; Berries with Sunshine Dip; Fruit Smoothie; Cranberry Apple Chicken Wrap Sandwich; Butternut Cranberry Bread

\*For these recipes and many more, please visit: [http://www.health.state.mn.us/schools/greattrays/pdfs/NowCooking\\_August22.pdf](http://www.health.state.mn.us/schools/greattrays/pdfs/NowCooking_August22.pdf); [http://healthymeals.nal.usda.gov/hsmrs/iowa/Gold\\_Star\\_Cycle\\_Menus/Recipes.pdf](http://healthymeals.nal.usda.gov/hsmrs/iowa/Gold_Star_Cycle_Menus/Recipes.pdf); <http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf>; [http://www.schoolmealsvt.com/images/stories/pdfs/recipes/vt\\_feed\\_recipe\\_collection.pdf](http://www.schoolmealsvt.com/images/stories/pdfs/recipes/vt_feed_recipe_collection.pdf); [http://www.schoolmealsvt.com/images/stories/pdfs/recipes/school\\_year\\_of\\_seasonal\\_recipes.pdf](http://www.schoolmealsvt.com/images/stories/pdfs/recipes/school_year_of_seasonal_recipes.pdf); <http://www.thelunchbox.org/menus-recipes/recipes>; <http://www.kitchenexpedition.com/category/cookbook/squash/>; [http://www.massfarmtoschool.org/wp-content/uploads/2012/05/farm\\_to\\_school\\_cookbook.pdf](http://www.massfarmtoschool.org/wp-content/uploads/2012/05/farm_to_school_cookbook.pdf)

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