



September 28th, 2011 is Taste Washington Day



The Washington School Nutrition Association will again be partnering with the Washington State Department of Agriculture's Farm-to-School Program for Taste Washington Day as we continue to build strong connections between Washington agriculture, improved student nutrition, and support for our regional economy. It is not too early to plan to participate in Taste Washington Day!

- Celebrate the fresh local foods grown right outside our doors in September.
- Join the over 60 school districts statewide that participated last year!
- By participating, your school plays an important part in introducing and promoting the wide variety of fresh fruit, vegetables, nuts, grains, dairy products and meat grown and raised by Washington farmers.

Sample Menu 1

Washington Baked Russet Potatoes w/ Toppings

Protein Topping Options (Beef and Lentil Chili^(L), Broccoli^(DG) and Cheese Sauce, or Beef Taco Meat)

Veggie Toppings (Sweet Onions, Tomatoes, Steamed Broccoli^(DG), Corn and Black Bean Salsa^(L))

Whole Wheat Dinner Roll^(WG) (FSA Item # 5741622)

Washington Fresh Fruit (Try apples, pears, blueberries, raspberries, peaches, plums and pluots!)

Brownie made with Shepherd's Grain flour (FSA Item # 10025)

Low Fat Milk

Sample Menu 2

Chicken Drumstick

Roasted Potatoes or Winter Squash

Whole Wheat Dinner Roll^(WG) (FSA Item # 5741622)

Fresh Green Salad (with carrots^(O), roasted winter squash cubes^(O), golden beets^(O), or dark leafy greens^(DG), and lentils^(L) or beans^(L) for a vegetarian protein option)

Washington Fresh Fruit (Consider apples, pears, blueberries, raspberries, peaches, plums and pluots!)

Brownie made with Shepherd's Grain flour (FSA Item # 10025)

Low Fat Milk

Note: New USDA proposed nutrition standards include requirements for dark green vegetables, orange vegetables and legumes, and whole grains. We've highlighted those items with these symbols in the menus above: (O) = Orange vegetables, (DG) = Dark Green, (L) = Legumes, (WG).

We encourage you to adjust the menu to reflect seasonal availability of products grown on farms in your area. Last year schools reported serving carrots with the tops, fresh melons, cheese from a local creamery, beef from a local farmer (processed in a USDA approved facility) and fresh corn on the cob.

Watch for more information in the summer Apple Press, WSDA Farm to School e-mails and at conference.

For more information about working with local farms, please contact Sue Davis, of the WSDA Farm-to-School Program, at sdavis@agr.wa.gov.

WSNA...."Making the Right Food Choices Together."