

January



February



March



April



May



June



 VIRGINIA DEPARTMENT OF
EDUCATION
School Nutrition Programs

Harvest of the Month USER GUIDE

2nd Edition

July



August



September



October



November



December



Harvest of the Month User Guide

2nd Edition

Welcome to Virginia’s Harvest of the Month Program!

- Acknowledgements**..... 1
- What is Virginia Harvest of the Month?**..... 2
- Contents of Harvest of the Month Toolkit:**..... 3
 - How to use these materials:*..... 4
 - Plan* 7
 - Procure*..... 9
 - Track* 17
 - Engage*..... 18
 - Plant*..... 20
 - Promote*..... 21
- Conclusion** 25
 - Resources*..... 25
 - References*..... 27
- Appendix: Commercial Recipes**..... 28

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What is Virginia Harvest of the Month?

Virginia Harvest of the Month (HOM) is a campaign to promote seasonal eating, increase fruit and vegetable consumption, and support local economies. Sponsored by the Virginia Department of Education's Office of School Nutrition Programs (VDOE SNP), Virginia Harvest of the Month provides ready-to-use materials for classrooms, cafeterias, nonprofits, farmers' markets, and early care centers to educate children about the joys of eating seasonal, local foods.



Developing robust Farm to School programming requires planning, communication, promotion, and education, and it is worth the effort: research from the National Farm to School Network shows that Farm to School activities can create jobs, improve local economies, and increase meal participation.

Procuring local foods for child nutrition programs can become a standard and valuable component of your overall procurement plan. This user guide will help child nutrition programs plan Harvest of the Month events, including menu planning, procurement, and engaging schools and communities to promote seasonal, local items.

The Centers for Disease Control and Prevention reports that children ages two to 18 are eating more fruits but not more vegetables and are not meeting consumption targets for fruits or vegetables (CDC, 2014). The objective of HOM is to increase consumption of seasonal, Virginia Grown fresh fruits and vegetables so children establish healthy eating habits to last a lifetime.

Contents of Harvest of the Month Toolkit:

This toolkit consists of the following resources featuring one seasonal agricultural product for each month of the year:

- Harvest of the Month user guide
- Harvest of the Month posters (set of 12)
- Virginia Harvest Map poster
- Harvest of the Month cafeteria point-of-sale signs (set of 12)
- Commercial-scale recipes and associated production records
- Family-scale recipes, English and Spanish versions
- Printable newsletters, English and Spanish versions
- [SOL-based lesson plans by Virginia Ag in the Classroom](#)
- Local food tracking tool
- Virginia Harvest Map placemats

How to use these materials:

The Virginia Harvest of the Month toolkit is designed to help child nutrition professionals integrate local, seasonal Virginia agricultural products into menus, promotions, and nutrition education in the cafeteria, school garden and classroom. The materials in the toolkit assist in menu planning, professional development, and special events and promotions for the entire school year. Your Harvest of the Month program can be launched at any point during the school year or in the summer meals program.

This toolkit provides marketing and promotional material for Farm to School initiatives. A good place to start is with one small initiative and build on each success. For example, begin with procuring locally the harvest of the month item and feature at a special event using the promotional materials provided in this kit. Build on this by procuring local agricultural products and incorporate the featured item into your menus weekly or monthly. This can be done as a meal component, added to a recipe, or served on a salad bar.

School nutrition programs may consider establishing divisionwide campaigns including field trips to local farms, farmer in the classroom visits, cafeteria displays, and classroom lesson plans coordinated with the featured agricultural products. Harvest of the Month can also be piloted in select schools with a special monthly event. This method will provide an opportunity to compare the effectiveness of marketing and staff professional development strategies. Schools participating in the Fresh Fruit and Vegetable Program (FFVP) can highlight Harvest of the Month through tastings and procurement practices.

Summer meal program sponsors, early care centers, and residential programs can use Harvest of the Month programming to develop events and education opportunities for children in school gardens, at farmers markets, on farms, and in markets.

Harvest of the Month Posters

Each month the new HOM posters should be displayed. Establish a reminder and assign a staff member to be responsible for this duty. Identify a high-visibility location in the cafeteria or serving line for the poster. If possible, laminate the posters to reduce wear and tear and to reuse next year. Take them down at the end of each month and store flat or rolled in a clean, dry area. The Virginia Harvest map can hang year-round in the cafeteria, hallway, or classroom.

Tip: Consider moving posters to different locations after a few months to increase visibility.

Point-of-Sale Marketing Materials

The point of sale marketing materials and signage should be displayed on the serving line. Include the name of the local farm providing the harvest of the month feature during the month. Use a **black dry erase marker** to write the farm name legibly or print out the name and place in the box provided. Place the signage where the item is featured. **Please do not leave the farm name blank.** Encourage staff to inform students about farm to school, including the farm name and where the farm is located. If the featured items are from the school garden, clearly write the name of the garden or the class that provided the Harvest of the Month feature. Before storing the point-of-sale signage, wipe clean with a damp paper towel.

Tip: If staff accidentally use a permanent marker, write over the permanent marker with a black dry erase marker to remove the ink. Use non-stick cooking spray and dish detergent to remove tape residue from plexiglass.

Commercial Scale Recipes

Feature the Harvest of the Month recipes during each month. These recipes have been tested by Virginia school nutrition program staff for preparation, easy ingredient sourcing, and student acceptance. For increased student acceptance, adapt the name of the recipe to suit the target age level. For example, you may want to call Zucchini Parmesan “Zippy Zucchini Parm” or “Zeelicious Zucchini Parmesan” for elementary students. For more information on developing descriptive and age-appropriate names, utilize the Smarter Lunchrooms resource pertaining to naming menu items.

As Harvest of the Month recipes are incorporated into the cycle menu; provide samples one or two days prior to serving. This provides an opportunity for staff to familiarize themselves with the preparation and promotion of the featured menu item. Develop a process for students to provide feedback on all new menu items. Incorporate the feedback into your recipe modification and let students know you took their advice. If you have a student nutrition advisory council, ask them to provide input on your Harvest of the Month recipes and on the campaign.

Family-scale recipes and newsletters

Harvest of the Month provides an opportunity to encourage healthy eating habits at home. Send the family-scale recipes and newsletters to families in e-newsletters or hard copies and post them on the school division website. Inform families where they can find the Harvest of the Month featured item at farmers market or the grocery store. Consider providing copies of the recipes and newsletters to stores where the featured items can be found. Local grocery stores and farmers markets may be interested in these materials to connect the community with your initiative. Host a local chef at a Parent Teacher Association (PTA/PTO) meeting to demonstrate preparation techniques and allow parents to taste featured recipes.

Lesson Plans

Discuss the HOM campaign with building administrators ahead of time to garner support. Communicate with elementary school librarians and request that they order the books featured on the HOM posters. Request ten minutes on the agenda at a school staff meeting before the campaign launch to inform teachers and request collaboration. At the meeting, demonstrate how to access the lesson plans developed by Virginia Agriculture in the Classroom (AITC). Discuss your intent to make lunchtime a learning time and to foster students' consumption of fresh fruits and vegetables. Helping students increase consumption of fruit and vegetables prepares them for learning and develops healthy eating habits for a lifetime. Connect with principals and teachers to identify opportunities to connect to the classroom. Positive adult role-modeling can amplify this messaging. Hosting a Harvest of the Month taste-test at a school staff meeting can increase buy-in. Follow up with an email providing the Ag in the Classroom link and a campaign overview.

Local Food Tracking Tool

The local food tracking tool is a spreadsheet that can assist with documentation of local purchases, Farm to School special events including Harvest of the Month, and staff trainings by site or by division. You may modify this workbook as appropriate for your division. Tracking local food purchases is strongly recommended and encouraged.

Virginia Harvest Map Placemat

This placemat can be reproduced and used for special events in classrooms or cafeterias. You may want to utilize them as special giveaways to students who try the Harvest of the Month featured item. Placemats could be used as an incentive to the class with the most students who try the Harvest of the Month featured item.

Plan

Planning is essential to all successful child nutrition programs. As you develop your menu, your procurement plan, and your promotional schedule for the year, incorporate Virginia Harvest of the Month into your operation.

Plan your menu

Menu planning is the foundation of child nutrition programs. Menu planning occurs year-round based on student preferences, seasonal accessibility, special events, and feedback from production records. Cycle menus should be flexible enough to incorporate local, seasonal foods.

Consider seasonality a lesson and an opportunity for your school nutrition program. Purchasing foods in season ensures the best flavor, higher value, and regional availability of agricultural products. Local foods can be price competitive: Virginia Grown apples are an example of a local product that can be more affordable when available.

Incorporate local food purchases into your procurement plan

As you develop your procurement plan, consider the values of adding local food to the menu. Not only can local products be competitive in price when seasonal, they also offer marketing opportunities that can bring new customers into your meal program.

When considering value, child nutrition programs should consider social, economic, educational, and environmental impacts of purchasing local, sustainably produced products. These values can be incorporated into product specifications and as part of an overall procurement plan. Incorporating Geographic Preference into procurement documents and defining “local” for your school division ensures that all vendors understand the value your program places on local food and nutrition education.

Plan an informational meeting for farmers

Ask your local Virginia Cooperative Extension Agriculture and Natural Resources Agent to help you plan a meeting with farmers. December and January are ideal months to hold farmer meetings.

Schedule special events

Children often need repeated exposure to new foods to generate acceptance and interest. Conducting taste tests, collecting feedback, and student-driven variations into annual promotion plans are good ways to connect with students. Farm to School efforts such as Harvest of the Month can increase participation rates when used as a promotional tool. Be sure to announce events on menus, morning announcements, social media, school television, at staff meetings, and at Parent Teacher Association

(PTA/PTO) meetings. Invite local legislators to dine with students and invite media to cover your events.

Taste tests may be performed simply on the serving line or they can be more elaborate productions with staff, student, or volunteer support. Consider making a small batch of the featured Harvest of the Month recipe a few days before it will be offered on the menu. Allow students to taste it ahead of time and train serving staff to state key points about the HOM featured item highlighting its flavor, the name of the farm where it was grown, or a key nutritional fact.

Procure

As you develop your procurement plan, decide which special events you want to highlight with local foods (such as Virginia Harvest of the Month) and whether you plan to use an informal or formal procurement procedure based on your division's small purchase threshold. USDA prohibits the arbitrary splitting of bids to fall below the small or micro-purchase threshold; however, procuring local food for Harvest of the Month, FFVP, or other special events is justification for developing a separate solicitation.

The federal micro-purchase threshold is \$10,000 while Virginia's micro-purchase has increased from \$5,000 to \$10,000 as regulations have changed since initial publication. The federal small purchase threshold is \$250,000 and in Virginia it is \$100,000. Local purchase thresholds may be lower, and school food authorities (SFAs) and other entities must use the most restrictive (lowest) threshold.

Incorporating Geographic Preference

The 2008 Farm Bill directed the Secretary of Agriculture to encourage schools operating child nutrition programs to purchase "unprocessed agricultural products, both locally grown and locally raised, to the maximum extent practicable and appropriate," and to "allow institutions to use a geographic preference for the procurement of unprocessed agricultural products, both locally grown and locally raised." This legislation is meant to offer a defined advantage to products meeting the school division's or child nutrition program's definition of local. When you incorporate Geographic Preference into your bids, it informs vendors of your interest in purchasing local products and encourages them to label items that are local.

Defining Local

School food authorities must define "local" and incorporate this definition into solicitations to be to use Geographic Preference as a criteria for evaluating bids.

Sample definitions include:

- Products grown in Virginia
- Products grown within a certain radius from the division's school nutrition office
- Products grown in a tiered system with different values associated with each tier. Example: This XXX school division defines local with a tiered value. While products that meet the first tier are preferred, products falling within any of the tiers are considered local.
 1. Grown in this county
 2. Grown within a 150-mile radius from address
 3. Grown in Virginia

Defining Unprocessed

Unprocessed foods include foods that “retain their inherent character.” Acceptable processes include:

- Refrigerating
- Freezing
- Peeling
- Slicing
- Dicing
- Cutting
- Chopping
- Shucking
- Grinding
- Drying or dehydrating
- Washing
- Packaging
- Cleaning fish
- Pasteurizing milk
- Forming ground products into patties without any additives or fillers
- Vacuum packing and bagging (such as placing vegetables in bags or combining two or more types of vegetables or fruits in the same package)
- Adding ascorbic acid or other preservatives to prevent oxidation
- Butchering livestock or poultry

Geographic preference does not apply to foods that are canned, cooked, or heated. No fillers can be added to meat products. Flavored milk, cheese, and yogurt is excluded. Liquid eggs are excluded. Grains apply only in whole or ground form if they have not been baked or cooked.

Understanding Geographic Preference

While USDA prohibits using “local” as a product specification, there are other ways to target local foods in your procurement process. A first step is to be sure all potential vendors understand your desire for local foods and your reasons for wanting them. This can be included in the introduction of all solicitation documents.

Sample language for procurement documents

“This school division (“Division”) or School Food Authority (“SFA”) desires to serve Virginia grown products to its students. This division recognizes the value of serving local foods to its students for nutrition and agricultural education opportunities during lunch and recognizes the value that purchasing local, sustainably-produced products can have on the local economy and the environment. This division believes that every child should have access to fresh, healthy food and that serving local foods encourages students to try healthy fruits, vegetables, and other foods they may not have tried before.”

Tips for targeting local foods in specifications

There is no prescribed method for applying Geographic Preference, provided the solicitation provides sufficient competition and is not overly restrictive. Sample methods for targeting local foods in solicitations include:

- **Drafting specifications which target local items. For example:**
 - Products must be harvested and delivered within 48 hours
 - Local varieties are specified (i.e., Winesap or Stayman apples)
 - Vendor must visit school or host field trip for one special event per year
 - Vendor must label the farm, country and state of origin

- **Broadening requirements to allow for local suppliers to bid. For example:**
 - Requiring farms have a written food safety plan rather than requiring GAP certification
 - Allowing for some cosmetic damage in specifications, especially in foods that need additional processing
 - Not requiring refrigerated trucks for items which do not need refrigeration (i.e., apples, sweet potatoes)

- **“One Penny=One Point”:** utilizing a point system to give local products a cost advantage so they are more competitive in the informal or formal bid process. In this method, a point system is developed that discounts the price of products that meet geographic preference for price comparison purposes. Local products become more competitive for the purpose of evaluating the lowest bidder. The buyer will pay the vendor’s original stated price, but local foods are given preference in the evaluation process for awarding the bid.

- **“Percentage Local”:** providing a comparative advantage to bidders who procure a certain percentage of their products locally. In this example, a school division issues an RFP for a produce contract and indicates a preference for fresh fruits and vegetables produced within Virginia. For the purposes of evaluating, the school will award a ten percent reduction in price for the purpose of evaluating the lowest bidder to respondents that can provide at least 50 percent of the requested items from within the Commonwealth. Again, the buyer will pay the vendor’s original stated price.

Other examples may be accessed in the USDA resource, Procuring Local Foods for Child Nutrition Programs.

Finding farmers

Farmers plan their growing season and order their seeds during the winter months. Consider hosting a farmer meeting of all local and regional producers in December to introduce your program and help farmers understand the procurement process.

Tips for finding local producers

1. Request a meeting with your local Virginia Cooperative Extension Agriculture and Natural Resources Agent. This professional knows producers in the region and can help connect farmers with schools.

2. Register your school division on Virginia Market Maker, a website that connects producers and buyers. Register as a buyer and enable the “Farm to School” tag as you develop your profile.
3. Visit your local farmers market toward the start or end of the market when it is less busy. Speak with farmers and inform them of your interest in providing fresh, healthy food for children. Provide a Request for Information (RFI) and an estimate of your local product needs based on your procurement plan. Follow up with a phone call or an email and invite them to your farmer informational meeting.
4. Connect with local food aggregators to express interest in procuring local foods for special events.
5. Ask produce distributors to label local foods and to provide monthly velocity reports to assist you in recording local food purchases. Velocity reports or local food labeling may be a request included in solicitations for bids. How does your produce distributor define “local”? Does their definition align with yours?

Sample Farmer Meeting Outline:

- A. Introductions
- B. About your school nutrition program—mission, general statistics, Farm to School objectives
- C. Explain federal procurement guidelines
- D. Explain Farm to School process
 1. December: Farmer informational meeting.
 2. January: Request for Information due. Post Request for Proposals (RFP) on website.
 3. February: Requests for Proposals due. Notify of contract awards.
 4. Spring: Food safety workshop (Optional; Virginia Cooperative Extension or Virginia Department of Health may assist.)
 5. Spring: Institutional sales workshop (Optional; invite farmers to see how their product is used and promoted in schools.)
 6. May: Producers send food safety plan and water test
 7. July: School nutrition professional performs site visit
 8. August-June: Sell food to this division
- E. List crops and quantities your division is considering purchasing local for the school year (i.e., all Harvest of the Month crops)
- F. Provide Requests for Information to all attendees
- G. Questions and feedback

Sample Specifications for Harvest of the Month Products:

Produce Item	Product Description	Pack Size/Description	Approximate Delivery Periods	Approximate Quantity Needed	Total Qty Needed for School Year
Sweet Potatoes	Use baked or mashed. Large size preferred. Cosmetic issues are okay.	Bushel (approx. 55 # or Crate (approx. 50 #). Rinsed, debris-free.	Monthly delivery October-January or can drop for dry storage at one delivery time.	x bushels or y crates per week. Bulk delivery considered by pallet.	z bushels or a crates total.
Butternut Squash	Use roasted, mashed, in soups. Large sizes preferred. Cosmetic issues okay.	Bushel (approx. 55 # or Crate (approx. 50 #). Rinsed, debris-free.	Monthly delivery October-January or can drop for dry storage at one delivery time.	x bushels or y crates per month. Bulk delivery considered by pallet.	z bushels or a crates total.
Kale	Use fresh or cooked. Minor insect damage accepted, bronze or slightly yellowish edge okay if the edges are not dried. Insect free.	10 # case or 25# carton or crate. Fully washed, partly trimmed, with stem.	October-December as available; March and April (approx. 16 weeks).	x cartons or y crates per week.	z cartons or a crates total.
Lettuce, Hydroponic Head	Use fresh on salad bar, in chef salads, on sandwiches. Insect free.	Carton packed, 24 heads or 10 # case. Root intact.	Year-round.	x cartons or y cases last week Aug-first week June; b cartons or c cases June-Aug for summer feeding program.	z cartons or a cases total
Lettuce, Romaine Head	Use fresh on salad bar, in chef salads, on sandwiches. Insect free.	Carton packed, 24 heads or 10 # case. Fully washed and trimmed.	April-June and September-October as available (approx. 20 weeks).	x cartons or y cases per week.	z cartons or a cases total.

Produce Item	Product Description	Pack Size/Description	Approximate Delivery Periods	Approximate Quantity Needed	Total Qty Needed for School Year
Strawberries	Use fresh whole, sliced, and in smoothies. Can freeze bulk deliveries for later use. Blemish free.	24-quart Crate (approx. 36 #) or 12-quart Crate (approx. 18 #).	May-June as available (approx. 6 weeks).	x 24-quart crates or y 12-quart crates per week.	z 24-quart crates or <i>a</i> 12-quart crates total.
Cucumbers	Use sliced or diced. Large size or cosmetic issues okay but not hard or over-ripe.	1+1/9 Bushel Waxed Box or Carton. Fully washed.	June-3 rd week of Aug for summer feeding program; September-October (approx. 19 weeks)	x waxed boxes or cartons, June-3 rd week Aug; y waxed boxes or cartons September-October.	z waxed boxes or cartons total
Zucchini	Use sliced, diced, or spears. Mostly straight. Large size or cosmetic issues are okay but not hard or over-ripe.	20# box. Rinsed, free of debris and soil.	July for summer feeding program, last week August through first frost (approx. 10 weeks)	x 20# boxes every two weeks.	y 20# boxes total
Tomato	Used sliced or diced. Cosmetic issues okay but no decay. Medium (2 1/4") to large 2 1/2" diameter) preferred.	Lug Box (approx. 32 #), 2-layer flat (approx. 21 #), or Case (approx. 10#). Free of debris. 3/4 ripe to fully ripe.	July-3 rd week of August for summer feeding program. Last week August-October as available (approx. 15 weeks)	x lug boxes, y 2-layer flats, or z cases every two weeks.	<i>a</i> lug boxes, <i>b</i> 2-layer flats, or <i>c</i> cases total.
Sweet Red Bell Peppers	Use fresh, sliced or diced and cooked. Medium or Large preferred	Bushel (approx. 25 #) or Carton (approx. 16-25#). Free of debris, 3/4 ripe to fully ripe.	September (approx. 4 weeks).	x bushels or y cartons every two weeks.	z bushels or <i>a</i> cartons total.

Produce Item	Product Description	Pack Size/Description	Approximate Delivery Periods	Approximate Quantity Needed	Total Qty Needed for School Year
Apples	Primarily fresh, whole or sliced. 125s-138 count preferred. 125s=2.75" diameter. 138s=2.68" diameter. Prefer Ginger Gold, Granny Smith, Fuji, Stayman, Winesap. No Red Delicious or Golden Delicious.	Bushel (approx. 48 #) or loose pack case (approx. 38-42#).	September-March as available.	x bushels or y loose pack cases every two weeks.	z bushels or a loose pack cases total.
Cabbage, green and red	Use shredded in slaw. Untrimmed whole.	Flat crate (1.75 Bushels, 50-60 #) or Carton (53 #).	October-December as available (approx. 12 weeks).	x flat crates or y bushels /cartons every week. Every other week delivery will be considered.	z flat crates or a bushels total.
Spinach	Use fresh.	Bushel (approx. 18-20 #) or Case (approx. 10 #). Fresh, partly trimmed, fully washed.	September-June as available (approx. 36 weeks).	x bushels or y cases weekly.	a bushels or b cases total.

Tips:

- Use the [USDA Food Buying Guide](#) or the [Food Buying Guide Mobile App](#) to assist with planning purchases.
- For agricultural products harvested on an ongoing basis such as cucumbers, peppers, and zucchini, farmers are more capable of accommodating smaller, regular quantities each week rather than a large, one-time purchase. Bulk purchases are ideal for storage crops such as winter squash and sweet potatoes.

- When creating specifications to which farmers can respond, incorporate flexibility with pack sizes and containers. Some farmers may be able to sanitize and reuse containers, reducing overall waste. Included in these sample specifications are bushel equivalents to compare with traditional school nutrition specifications. More weight-to-pack size conversions can be found in the USDA-FNS Pecks to Pounds translation chart.
- Include product size when an uncut agricultural product is required, such as peaches for summer food service programs.

Track

It is important to be able to report to parents, school board members, sponsors, and teachers the total food dollars you are spending on local agricultural products. The local food tracking tool included in this toolkit will assist child nutrition programs as you gauge the impact local food purchases have on your operation and your local community.

Child nutrition programs already track total food dollars, milk cost, dry goods, and USDA Foods. Keeping track of local food purchases can be as simple as highlighting local food on each invoice and adding another column in managers' spreadsheets. Local foods, tastings, and other promotional events should be noted on production records. This provides data to determine the effectiveness of Harvest of the Month promotions. This information will help target staff trainings to improve suggestive selling techniques, parent outreach, and community-wide promotion of your Harvest of the Month campaign.

Capturing data, analyzing trends, and developing action plans are key performance indicators that align with tracking local food sales. Try using the tracking spreadsheet included in this toolkit, and modify it to meet your needs.

Tracking Tips

- Include tracking by the vendor as a requirement in the bid specifications.
- Enter local food purchases from invoices weekly.
- Note on the production worksheets.
- Ask produce providers for weekly or monthly velocity reports detailing local food purchases.

Engage

Who are the school and community stakeholders invested in local food, and how can you engage them through Harvest of the Month? Assembling a Farm to School committee or team provides an opportunity to create allies and receive assistance from experts who support Farm to School efforts from classrooms to school gardens to cafeterias. This committee can develop Farm to School goals that fit into your overall strategic plan. Committee members may provide input, volunteer coordination, community outreach, and possible funding for special events.

Tips for coordinating a committee

- Develop a structure for the team and a preliminary meeting schedule.
- Invite already committed individuals and people whose expertise you seek.
- Create a SMART (Specific, Measurable, Attainable, Relevant, and Time Bound) goal around your Harvest of the Month campaign.
- Be sure committee members experience your Harvest of the Month program in school cafeterias, gardens, and classrooms.
- Acknowledge partnerships in media coverage.
- Celebrate successes with a school garden celebration or child-written thank you notes for committee members.

Potential recruits for your team

- Local summer food site sponsors and directors of school nutrition programs
- Virginia Cooperative Extension agents
- Virginia Master Gardeners
- CTE directors and culinary arts, agriculture, and business teachers
- Food producers (farmers, orchardists, ranchers, fisherman)
- Parents
- Students (FFA and Culinary Arts students)
- Administrators, especially school principal or assistant principal
- School garden personnel
- Local Garden Club members
- Local Farm Bureau members
- Leaders of local education and health foundations
- Food pantry representatives
- Local chefs
- School maintenance staff
- School nurses
- School board members

See the National Farm to School Network's resources on "Getting Started with Farm to School" for more ideas on assembling your committee.

Plant

School gardens can be integral to the Harvest of the Month Program and offer educational opportunities connecting cafeterias to classrooms. Sparking a child's wonder in a school garden can be a first step to getting students to accept new foods they have not tried before. School nutrition funds may be used to purchase school garden supplies that connect learning opportunities to the nutrition program. Garden-based learning opportunities includes featuring school garden produce in school meals. It is a best practice for garden coordinators to develop a food safety plan which includes training all students and volunteers on garden food safety practices.

All the Harvest of the Month featured fruits and vegetables can be grown in school gardens. When growing apples, be sure to plant more than one apple tree or have a crabapple nearby for cross-pollination and ask local experts to assist with tree selection, site selection, annual pruning and pest management. For student safety, it is a best practice to use minimal or no pesticides and organic practices in school gardens.

As of February 2020, there are 577 known school gardens in Virginia. School gardens have been proven to increase academic achievement, increase the consumption of fresh fruits and vegetables, and provide a positive learning environment in the school setting.

Successful school gardens are built and sustained through a collaborative process that integrates student and teacher input into the design. How will the gardens be used? Who will maintain them? How will they be funded long-term? These questions and others should be answered by your Farm to School team before breaking ground on a potential school garden site.

For more information on starting a school garden, please see National Farm to School Network's resource, "Starting and Maintaining a School Garden." To develop a program around using school garden produce in the school cafeteria, see the Garden to Cafeteria Toolkit.

Whether starting a large school garden or planting in windowsill pots, students benefit from connecting with fruits and vegetables as they grow.

Promote

For any campaign such as Harvest of the Month to deliver the benefit of increased meal participation, you must promote your efforts to students, parents, teachers, administrators, and community members.

In the home

Use the English and Spanish versions of the family-scale recipes and posters to connect parents to your Harvest of the Month campaign. Send materials through monthly e-letters and post the resources on your website if possible. Consider inviting parents to dine with their children during the Harvest of the Month feature.

In the community

Ask local farmers markets, corner stores, and grocery stores if they are interested in partnering with you on your Harvest of the Month campaign. Provide them with the electronic files so they can print out posters and other materials. When children and their families start making connections between what they eat in school and what they eat at home, it can benefit their long-term health and your child nutrition program.

It is important to alert the media of upcoming Harvest of the Month events by sending a brief press release two weeks prior to the event. On days when you have a special event planned with local food, consider inviting your local legislators to have lunch with the farmer whose food is featured.

In the school

Ask key nutrition personnel to attend staff meetings and PTA/PTO meetings to provide updates on the Harvest of the Month campaign. Ask for teachers' input on how Harvest of the Month aligns with learning objectives. Show them the Harvest of the Month posters and provide them with family-scale recipes and lesson plans developed by Virginia Ag in the Classroom that align with Virginia Standards of Learning (SOL). Providing connections between learning objectives and school nutrition programs enhances opportunities for children and improves your program. When staff and parents know of your good work to provide healthy, nutritious meals incorporating fresh, local foods, they can become ambassadors of your program.

As lunch educators, school nutrition staff should use key talking points to encourage students to try new items. Before a shift featuring the Harvest of the Month, ask managers to tape one to three brief prompts about the featured vegetable behind the serving line. Have staff practice promotions and responses to negative feedback ahead of the shift.

Prompts can include:

- Farm name that grew the agricultural product
- Town of origin of the featured item

- Vitamins found in the featured item and how that nutrient helps your body
- Pairing: this vegetable goes well with entrée
- “I tried it and liked it; maybe you will too?”

Other promotional prompts can be found on the Smarter Lunchrooms Positive Communication Cues training under Positive Communication Cues with Students and Staff.

To obtain data on the effectiveness of your Harvest of the Month campaign, consider developing a pre- and post-survey of students. A survey may be as simple as the below Harvest of the Month survey from Community Alliance with Family Farmers:



Which fruits and vegetables grow on farms here, in California?

- Bananas
- Apples
- Broccoli
- Tomatoes
- Pineapple
- Lettuce

How much do you like to try NEW fruits and vegetables?

- A lot
 Sometimes
 Not at all

I like to eat fruits and vegetables.

- A lot
 Sometimes
 Not at all

What is your favorite fruit?

What is your favorite vegetable?

Is vitamin C is found in oranges?

- True
- False

I like farmers because:

Appendix C



Simple taste test:

Use sample cups or provide small tastes on plates to students as they come through the serving line. Provide them with a small slip of paper and ask them to vote on the new local food feature. On each dining table or in a designated location in the dining room, place two jars: one with a “thumbs up” and one with a “thumbs down” sign. Students place their slip of paper in the jar indicating their preference.

Don't give up!

Part of a child's learning process is repeated exposure to new foods. It can take many tastes before a child accepts a new food item. Make small batches to present new menu items without creating waste.

Students want to know you have heard them and are responding to their opinions. You will have greater success with new menu items when you use student input to modify and standardize your recipe.

For additional buy-in:

Research from Cooperative Extension suggests that peer influence and family choices can influence food choices.

- Ask culinary arts students, FFA members, a student advisory council, a sports team, or PTO members to help you encourage healthy eating in your schools.
- Host star servers on your serving line and ask them to use your prompts.
- Send home Harvest of the Month family-scale recipes and scaled posters in English and Spanish to your families.

Tips for student or parent volunteers:

- Set up an informational table in the dining room with Harvest of the Month signs, take-home recipes, and a colorful display of the uncooked feature.
- Take shifts handing out samples, following all Virginia Department of Health guidelines.
- Discuss the benefits of eating the featured item, and ask for additional feedback on the flavor, appearance, and other qualities of the featured item.

For summer meal service programs, use these materials to plan kickoff events or spike events that build interest and participation in your summer meals.

Summer meal service program tips:

- Invite the farmer who grew your Harvest of the Month feature to visit your site(s)
- Coordinate with local distributors to provide free samples of the featured product for parents
- Host a chef at your feeding site to demonstrate preparation of the family-sized recipe; hand out the recipes with information on where to obtain the foods
- Coordinate workdays in the school garden; allow students to cook or take home their harvest
- Plan a trip to a local farm; assist with the harvest of the featured product

- Host a field trip to a local farmers market and educate students and families about the Virginia Fresh Match program which doubles the value of SNAP (food stamps) spent on fresh fruits and vegetables at participating farmers markets and food stores.

Below is a list of other special events during which you could incorporate local foods:

Special Events and Promotional Opportunities At-a-Glance:

January: National Oatmeal Month, National Soup Month

February: National Hot Breakfast Month, American Heart Month

March: National School Breakfast Week (first full week), Dr. Seuss Day (March 2), Virginia Agriculture Literacy Week (third full week), National CACFP Week (third full week), National Ag Day (March 14), National Nutrition Month, National Peanut Month

April: National Garden Month

May: National Teacher Appreciation Month, Teacher Appreciation Week (first full week), School Staff Appreciation Week (first full week), School Nutrition Employee Week (first full week), School Lunch Hero Day (Friday of School Nutrition Employee Week)

June: National Fresh Fruit and Vegetables Month, National Dairy Month

July: National Grilling Month, National Culinary Arts Month, National Picnic Month

August: National Back to School Month, National Sandwich Month, National Catfish Month, National Peach Month

September: Better Breakfast Month, Hispanic Heritage Month, National Blueberry Popsicle Month, National Childhood Obesity Awareness Month, Whole Grains Month

October: National Farm to School Month, Virginia Farm to School Week (first full week), National School Lunch Week (second full week), Eat Better, Eat Together Month, Head Start Awareness Month, National Apple Month, National Chili Month, National Pickled Peppers Month, Spinach Month, Vegetarian Month, World Food Day (October 16)

November: National Native American Heritage Month, National Pepper Month, National Pomegranate Month, National Gratitude Month

December: National Pear Month, Root Vegetable Month

Conclusion

Starting a Harvest of the Month campaign can be as simple as serving and promoting a featured fruit or vegetable once each month, or it can be a more elaborate component of a long-term strategic plan. Start with achievable goals and build upon your successes. Procuring local food for child nutrition programs can become a normal component of your overall procurement plan. As a marketing tool, Virginia Harvest of the Month can help increase participation in your child nutrition program. The goal is to increase consumption of fresh fruits and vegetables so children develop healthy habits that last a lifetime.

Join the [Virginia Farm to School Network](#) to connect with others in your region who are interested in sourcing and serving local food to children in schools, summer feeding programs, early care sites, and residential care facilities.

Virginia Harvest of the Month provides opportunities for children to engage with fresh fruits and vegetables growing seasonally in Virginia. For questions regarding this user guide, please contact the SNP Regional Specialist at the Virginia Department of Education, Office of School Nutrition Programs or Trista Grigsby, Farm to School Specialist at Trista.grigsby@doe.virginia.gov or (804) 225-2331.

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Appendix: Commercial Recipes

January:

<i>Sweet potato wedges, 20 portions</i>	29
<i>Sweet potato wedges, 100 portions</i>	31

February:

<i>Harvest Chicken and Butternut Fajitas, 100 portions</i>	33
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March:

<i>Green Egg and Ham Pop, 24 portions</i>	36
<i>Kale and Apple Salad, 100 portions</i>	38

April:

<i>Sweet and Savory Asian Bowl, 100 portions</i>	40
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May:

<i>Strawberry Berry Parfait, 100 portions</i>	42
<i>Strawberry Smoothie, 20 portions</i>	44

June:

<i>Cucumber Tomato Salad, 50 portions</i>	46
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July:

<i>Zucchini Parmesan, 50 portions</i>	48
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August:

<i>Tabouleh, 100 portions</i>	50
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September:

<i>Fresh Harvest Chicken Ratatouille, 100 portions</i>	52
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October:

<i>Virginia Apple Crisp, 100 portions</i>	54
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November:

<i>Asian Chicken Wrap, 25 portions</i>	56
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December:

<i>Bistro Spinach Salad with Poppy Seed Dressing, 100 portions</i>	58
<i>Poppy Seed Dressing, 10 portions</i>	60

January Harvest of the Month: Sweet Potatoes

Recipe: Sweet Potato Wedges

Source: Virginia Department of Education/ Loudoun County Public Schools

Group: Vegetable

Number of Portions: 20

Size of Portion: 1/2 cup

Serving tool: Tongs

Meal Component Contribution: 1/2 cup red/orange vegetable

HACCP Process: Same day service

<p>SWEET POTATO, RAW, UNPREP OIL, OLIVE, SALAD, OR COOKING</p>	<p>5 LB 1/4 CUP</p>	<ol style="list-style-type: none"> 1. Wash your hands. 2. Pre-heat convection oven to 350°F 15 minutes prior to use. 3. Wash the sweet potatoes, scrubbing with a vegetable brush under cool running water. Drain in colander. 4. Cut sweet potatoes in half and then into quarter wedges. 5. Place sweet potato wedges in large bowl. Using gloved hands, mix in oil.
<p>CINNAMON, GROUND SUGAR, GRANULATED NON-STICK COOKING SPRAY</p>	<p>1 TSP 1/4 CUP 1 GRAM</p>	<ol style="list-style-type: none"> 6. In a small bowl, mix granulated sugar with ground cinnamon. 7. Sprinkle sugar and cinnamon over potato wedges. Using gloved hands, mix until potato wedges are evenly coated. 8. Spray two sheet pans with non-stick spray. 9. Place sweet potato wedges in a single layer on sheet pans. 10. Bake in convection oven for approximately 40 minutes until fork tender and lightly browned. <ul style="list-style-type: none"> • CCP: Heat to 145°F for at least 15 seconds. 11. Remove from oven and place sweet potato wedges in serving pan sprayed with pan spray. Hold in warmer for hot service. <ul style="list-style-type: none"> • CCP: Hold for hot service at 135°F or higher.
		<p>ES & MS: Serve directly onto lunch tray. Four small wedges or three large wedges. HS: Serve in paper boats. Four small wedges or three large wedges.</p>

Optional: Sprinkle with thyme for a savory twist.

Nutrients are based upon 1 portion size (1/2 cup)

Calories: 118	Cholesterol: 0.00 mg	Sugars: 2.18 g*	Calcium: 30.93 mg	18.59% calories from total fat
Total Fat: 2.44 g	Sodium: 56.70 mg	Protein: 1.62 g	Iron: 0.69 mg	2.74 % calories from saturated fat
Saturated Fat: 0.36 g	Carbohydrates: 23.11 g	Vitamin A: 14625.25 IU	Water: 79.67 g	0 % calories from trans fat
Trans Fat: 0.00 g	Dietary Fiber: 3.09 g	Vitamin C: 2.47 mg	Ash: 1.02 g	78.16 % calories from carbohydrates
				5.45% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: Increase cooking time for larger sweet potatoes. Sweet potatoes are a storage crop available in Virginia from September until February. Avoid storing sweet potatoes in refrigeration, which will produce a hard center and unpleasant taste. Store in cool, dry, well ventilated containers.

January Harvest of the Month: Sweet Potatoes

Recipe: Sweet Potato Wedges

Source: Virginia Department of Education/ Loudoun County Public Schools

Group: Vegetable

Number of Portions: 100

Size of Portion: 1/2 cup

Serving tool: Tongs

Meal Component Contribution: 1/2 cup red/orange vegetable

HACCP Process: Same day service

SWEET POTATO, RAW, UNPREP OIL, OLIVE, SALAD, OR COOKING	25 LB 1 1/4 CUP	<ol style="list-style-type: none"> 1. Wash your hands. 2. Pre-heat convection oven to 350°F 15 minutes prior to use. 3. Wash the sweet potatoes, scrubbing with a vegetable brush under cool running water. Drain in colander. 4. Cut sweet potatoes in half and then into quarter wedges. 5. Place sweet potato wedges in large bowl. Using gloved hands, mix in oil.
CINNAMON, GROUND SUGAR, GRANULATED NON-STICK COOKING SPRAY	1 TBSP + 2 TSP 1 1/4 CUP 1 GRAM	<ol style="list-style-type: none"> 6. In a small bowl, mix granulated sugar with ground cinnamon. 7. Sprinkle sugar and cinnamon over potato wedges. Using gloved hands, mix until potato wedges are evenly coated. 8. Spray two sheet pans with non-stick spray. 9. Place sweet potato wedges in a single layer on sheet pans. 10. Bake in convection oven for approximately 40 minutes until fork tender and lightly browned. <ul style="list-style-type: none"> • CCP: Heat to 145°F for at least 15 seconds. 11. Remove from oven and place sweet potato wedges in serving pan sprayed with pan spray. Hold in warmer for hot service. <ul style="list-style-type: none"> • CCP: Hold for hot service at 135°F or higher.
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Optional: Sprinkle with thyme for a savory twist.

Nutrients are based upon 1 portion size (1/2 cup)

Calories: 118	Cholesterol: 0.00 mg	Sugars: 2.18 g*	Calcium: 30.93 mg	18.59% calories from total fat
Total Fat: 2.44 g	Sodium: 56.70 mg	Protein: 1.62 g	Iron: 0.69 mg	2.74 % calories from saturated fat
Saturated Fat: 0.36 g	Carbohydrates: 23.11 g	Vitamin A: 14625.25 IU	Water: 79.67 g	0 % calories from trans fat
Trans Fat: 0.00 g	Dietary Fiber: 3.09 g	Vitamin C: 2.47 mg	Ash: 1.02 g	78.16 % calories from carbohydrates
				5.45% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: Increase cooking time for larger sweet potatoes. Sweet potatoes are a storage crop available in Virginia from September until February. Avoid storing sweet potatoes in refrigeration, which will produce a hard center and unpleasant taste. Store in cool, dry, well ventilated containers.

February Harvest of the Month: Butternut Squash

Recipe: Harvest Chicken & Butternut Fajitas

Source: Virginia Department of Education/ [Recipes for Healthy Kids Cookbook](#), USDA Team Nutrition and tested by Louisa County Public Schools

Group: Entrees

Number of Portions: 100

Size of Portion: 3/4 cup fajita, 1/2 cup rice

Serving tool: 6 fl. oz. spoodle stir fry over No. 8 (1/2 cup) scoop brown rice

Meal Component Contribution: 2 oz MMA, 3.8 c. red/orange, 1/8 c. starchy, 1/4 c. other, 1 oz equiv grain

HACCP Process: Same day service

WATER, MUNICIPAL	3 GAL	1. Wash your hands. 2. Boil water.
RICE, LONG GRAIN BROWN, DRY	12 LB	3. Place 3 lb. brown rice in each steam table pan (12 in x 20 in x 2 ½ in). For 100 servings, use 4 pans. 4. Pour 3 quarts boiling water in each steam table pan over brown rice. Stir. Cover pans tightly.
GARLIC, GRANULATED	1 TBSP + 1 TSP	5. Bake. Convection oven: 350°F for 40 mins. Convection oven: 325°F for 40 mins. 6. Remove from oven and let stand covered for 5 minutes.
SALT-FREE 17 SEASONING	1/2 CUP + 1 1/3 TBSP	7. Chop cilantro. 8. Sprinkle brown rice with granulated garlic and half of the salt-free seasoning, reserving the other half for step 12. Mix well. Fold in chopped cilantro. • CCP: Hold at 135°F or higher.
ONIONS, RAW	4 LB	9. Dice onion into 1/4 inch pieces.
OIL, CORN OR CANOLA	1 CUP	10. Heat oil in a roasting pan/square head pan (20 7/8 in x 17 3/8 in x 7 in) on stove. Add diced onion and sauté for 2-3 mins.

<p>SQUASH, BUTTERNUT, RAW CHICKEN, SEASONED FAJITA STRIPS, COOKED, FROZEN, THAWED</p>	<p>14 LB 22 LB</p>	<p>11. Peel and dice squash into 1/2 inch pieces. 12. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 mins or until squash is tender. <ul style="list-style-type: none"> • CCP: Heat to 135°F or higher. </p>
<p>PEPPERS, SWEET RED, RAW, CHOPPED CORN, SWEET YELLOW, FROZEN, CUT</p>	<p>3 QT 8 LB</p>	<p>13. Dice red peppers into 1/2 inch pieces. 14. Add red peppers, corn, green chiles, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 mins to maintain crunchiness of vegetables. Do not overcook. 15. Reduce heat to low and simmer for 2 mins. <ul style="list-style-type: none"> • CCP: Heat to 165°F or higher for at least 15 seconds. • CCP: Hold for hot service at 135°F or higher. </p>
<p>CHILIES, MILD GREEN, CANNED, DRAINED BLACK PEPPER, GROUND CUMIN, GROUND GARLIC POWDER</p>	<p>32 OZ 2 TBSP + 2 TSP 1/4 CUP 2 TBSP + 2 TSP</p>	<p>Portion 6 fl. oz. spoodle (3/4 cup) stir-fry over No. 8 scoop (1/2 cup) brown rice. Optional: garnish with cilantro. <ul style="list-style-type: none"> • CCP: Hold for hot service at 135°F or higher. </p>

Nutrients are based upon 1 portion size (3/4 cup fajita, 1/2 cup rice)

Calories: 452	Cholesterol: 76.92 mg	Sugars: 6.41 g*	Calcium: 71.82 mg	21.40% calories from total fat
Total Fat: 10.76 g	Sodium: 717.13 mg	Protein: 25.58 g	Iron: 2.44 mg	5.65 % calories from saturated fat
Saturated Fat: 2.84 g	Carbohydrates: 64.19 g	Vitamin A: 7492.56 IU	Water: 245.37 g*	0.03 % calories from trans fat*
Trans Fat: 0.01 g	Dietary Fiber: 5.19 g	Vitamin C: 48.10 mg	Ash: 1.22 g*	56.74 % calories from carbohydrates
				22.62% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: Butternut squash is a great nutrient-dense storage crop that grows well in Virginia. Planted in spring after frost, butternut squash is harvested in the fall and, after curing, keeps well in a cool, dry area. Purchase butternuts in bulk that still have the stem intact and a deep tan rind. Farmers often have seconds-quality butternut squash with minor imperfections available at a more affordable price in bulk. Starches convert to sugars throughout storage, making butternut sweeter and more nutritious after a few months of storage.

Cilantro overwinters well in school gardens. To harvest all winter, use row cover or cloches made of gallon milk jugs. Can also use chickweed leaves and stems (*Stellaria media*) to add color and nutrients to the rice. Chickweed often grows alongside overwintered leafy greens.

March Harvest of the Month: Kale

Recipe: Green Egg & Ham Pop for Dr. Seuss Day (Elem, K-5)

Source: Virginia Department of Education/ Staunton City Public Schools

Group: Breakfast

Number of Portions: 24

Size of Portion: 1 stick each

Serving tool: Gloved hands, paper cake pop stick

Meal Component Contribution: 2 MMA, 1/4 cup other

HACCP Process: No Cook, Same Day Service

EGGS, LARGE, PRE-COOKED, PEELED	24	1. Wash your hands. Use disposable gloves.
HAM, DELI	1.83 LB	2. Wash kale, destem, and break large kale leaves in half. Drain in colander and spin dry. Wash and slice cucumber into 1/4 inch-thick rounds. Wash cherry tomatoes and drain in colander.
KALE, WASHED, DESTEMMED (APPROX. 24 MED LEAVES)	1.25 LB	3. Lay out pan liner on standard sheet tray (26 in x 18 in). 4. Cut ham into slices 1.22 oz thick.
CHERRY TOMATOES	24	5. Take one peeled boiled egg and place on top end of cake stick. Do not pierce through.
CUCUMBER, SEEDLESS	1 8-INCH	6. Roll one slice of ham in a single spiral and fold in half. Add to stick under the egg. 7. Fold kale to create ruffling and slide on stick. 8. Add cherry tomato and finish with cucumber slice for the base. • CCP: hold at 41 °F or lower until served.

Nutrients are based upon 1 portion size (1 pop)

Calories: 140	Cholesterol: 202.06 mg*	Sugars: 2.60 g*	Calcium: 83.64 mg	41.71% calories from total fat
Total Fat: 6.50 g*	Sodium: 457.06 mg	Protein: 14.67 g	Iron: 1.68 mg	12.19 % calories from saturated fat
Saturated Fat: 1.90 g	Carbohydrates: 5.73 g	Vitamin A: 3331.88 IU	Water: 113.69 g*	0.04 % calories from trans fat*
Trans Fat: 0.01 g*	Dietary Fiber: 1.61 g	Vitamin C: 37.46 mg	Ash: 2.57 g*	16.35 % calories from carbohydrates
				41.88% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: This recipe is a healthy twist to accompany Dr. Seuss' famous children's book, *Green Eggs and Ham*. National Education Association celebrates Dr. Seuss Day on March 2 each year, Dr. Seuss' birthday. Student-grown kale would work well for this recipe, as it does not require a large quantity of kale and it is very visible on the stick.

Kale overwinters well in Virginia. Plant it in your school garden in fall and cover with row cover until snow for an early season crop.

Optional: Stain eggs with turmeric bath for added color. Use 2 cups water, 1 Tbsp ground turmeric, 1 Tbsp vinegar, 1 tsp salt. Simmer water and turmeric for 30 min, cool, strain, add salt and vinegar, then place peeled eggs in dye for 30 mins for a light shade of yellow.

March Harvest of the Month: Kale

Recipe: Kale & Apple Salad

Source: Virginia Department of Education/ [The Lunch Box](#), Chef Ann Foundation, tested by Arlington County Public Schools

Group: Salads

Number of Portions: 100

Size of Portion: 1/2 cup

Serving tool: 1/2 cup spoon (No. 8)

Meal Component Contribution: 1/4 cup dark green veg

HACCP Process: No Cook

***Prepare this salad a day in advance of serving.**

KALE, RAW, LACINATO PREFERRED	12 LB	1. Wash your hands. 2. Destem, wash, and chop kale. Place in large container. • CCP: cool to 41°F or lower within 4 hours.
LEMON JUICE, RAW HONEY OIL, OLIVE, SALAD, OR COOKING SALT, KOSHER BLACK PEPPER, GROUND VINEGAR, CIDER	1 PINT 1 1/2 CUP 1 1/2 CUP 3 TBSP 1 TBSP + 1 TSP 1 PINT + 1 CUP	3. In a medium bowl, mix together lemon juice, honey, oil, vinegar, salt, and pepper. 4. Combine dressing with kale. Cover. Let sit overnight. • CCP: cool to 41°F or below within 4 hours. • CCP: hold at 41°F or below.
APPLES, RAW, WITH SKIN CRANBERRIES, DRIED	1 LB + 12 3/4 OZ 12 OZ	5. Wash, core, and dice apples. Add apples and cranberries to marinated kale. • CCP: cool to 41°F or lower within 4 hours. • CCP: hold at 41°F or below.

Nutrients are based upon 1 portion size (1/2 cup)

Calories: 77	Cholesterol: 0.00 mg*	Sugars: 5.63 g*	Calcium: 63.77 mg	40.29% calories from total fat
Total Fat: 3.43 g	Sodium: 144.09 mg	Protein: 1.82 g	Iron: 0.69 mg	5.26 % calories from saturated fat
Saturated Fat: 0.45 g	Carbohydrates: 11.40 g	Vitamin A: 4122.24 IU	Water: 52.00 g*	0 % calories from trans fat
Trans Fat: 0.00 g*	Dietary Fiber: 1.85 g	Vitamin C: 51.22 mg*	Ash: 0.88 g*	59.56 % calories from carbohydrates
				9.51% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: Lacinato kale, also known as dinosaur kale, is recommended for this recipe, but any kale will work. Kale overwinters well in Virginia. Plant it in your school garden in September for an early season crop through late fall, winter, and early spring.

April Harvest of the Month: Lettuce

Recipe: Sweet & Savory Asian Bowl

Source: Virginia Department of Education/ USDA Team Nutrition’s [Recipe for Healthy Kids Cookbook](#), tested by Staunton City Public Schools

Group: Entree

Number of Portions: 100

Size of Portion: 1 1/2 cups filling, 1/4 cup garnish

Serving tool: 6 fl. oz. spoodle (3/4 cup) + 2 oz. spoodle

Meal Component Contribution: 2 oz MMA, 3/4 c. dark green veg, 1/8 c. fruit, 2 oz. whole grain

HACCP Process: Same day service

<p>WATER, MUNICIPAL</p> <p>RICE, LONG GRAIN BROWN, NO SALT</p>	<p>3 GAL</p> <p>10 LB</p>	<ol style="list-style-type: none"> 1. Wash your hands. 2. Pre-heat convection oven to 325°F 15 minutes prior to use (350°F for conventional oven). 3. Boil water. 4. Place 2 lb 8 oz brown rice in each steam table pan (12 in x 20 in x 2 1/2 in). Use 4 pans. 5. Pour 3 qts. Water in each steam table pan over brown rice. Cover pans tightly. 6. Bake for 40 minutes. 7. Remove from heat and let stand, covered, 5 minutes. <ul style="list-style-type: none"> • CCP: Heat to 165°F or higher for at least 15 seconds. 8. Use a food processor to shred bok choy and carrots. Place each in a separate bowl.
<p>BOK CHOY, RAW</p> <p>CARROTS, RAW (APPROX 3 1/2 CUPS)</p>	<p>9 LB</p> <p>1 LB</p>	
<p>PINEAPPLE, CANNED, TIDBITS, SOLID AND LIQUID</p> <p>CHICKEN, UNSEASONED STRIPS, COOKED, FROZEN, THAWED</p>	<p>1 GAL + 2 QT</p> <p>12 LB + 8 OZ</p>	<ol style="list-style-type: none"> 9. Combine brown rice, sliced bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12 in x 20 in x 2 1/2 in). Use 4 pans for 100 servings. 10. Bake in convection oven: 325°F for 20 minutes. Conventional oven: 350°F for 30 minutes.

SWEET AND SOUR SAUCE, LOW SODIUM	3 QT	<ul style="list-style-type: none"> • CCP: Heat to 165°F or higher for at least 15 seconds. • CCP: Hold at 135°F or higher for service.
SOY SAUCE, LOW SODIUM	1/4 CUP	
ROMAINE, HEAD, WHOLE	10 LB	11. Wash romaine leaves, separate, and spin dry or air dry in colander.
CILANTRO, FRESH, MINCED	2 CUP	12. In a large bowl, mix shredded carrots, diced red peppers, cilantro, sesame sticks, and sunflower seeds.
SUNFLOWER SEEDS, DRY ROASTED, NO SALT	3 LB	13. Place two small leaves or one large leaf of romaine in each bowl. Top each romaine leaf with 6 fl. oz. spoodle (3/4 cup) of filling. Garnish each bowl with 1/4 cup of the sunflower seed/cilantro/carrot mixture. Add 3-4 (1/4 oz equiv) sesame sticks. Serve warm.
SESAME STICKS, WHOLE WHEAT BASED, UNSALTED	1.75 LB	

Nutrients are based upon 1 portion size (1 1/2 cup filling, 1/4 cup garnish)

Calories: 336	Cholesterol: 37.26 mg	Sugars: 7.21 g*	Calcium: 111.39 mg	36.48% calories from total fat
Total Fat: 13.64 g	Sodium: 328.24 mg	Protein: 15.93 g	Iron: 2.14 mg	7.91 % calories from saturated fat
Saturated Fat: 2.96 g	Carbohydrates: 40.93g	Vitamin A: 6179.22 IU	Water: 218.42 g*	0 % calories from trans fat
Trans Fat: 0.00 g*	Dietary Fiber: 4.28 g	Vitamin C: 28.91 mg	Ash: 2.26 g*	43.66 % calories from carbohydrates
				18.93% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

May Harvest of the Month: Strawberry

Recipe: Strawberry Berry Parfait

Source: Virginia Department of Education/ Harrisonburg City Public Schools

Group: Breakfast

Number of Portions: 100

Size of Portion: 10 oz

Serving tool: gloved hand, 10 oz plastic cup with lid

Meal Component Contribution: 1 oz eq MMA, 1/2 cup fruit, 1 oz eq grain

HACCP Process: No Cook

STRAWBERRIES, RAW	12 1/2 LB	1. Wash your hands. Use disposable gloves. 2. Rinse and slice strawberries. Place in large bowl. 3. Rinse blueberries and remove any stems. Place in bowl with strawberries and gently blend with a spoon.
BLUEBERRIES, RAW	12 1/2 LB	
YOGURT, GREEK, PLAIN, LOWFAT	25 LB	4. Build parfaits in 10 oz plastic cup with lids. In each cup: <ul style="list-style-type: none"> • Scoop 4 oz yogurt in the bottom. • Use No. 8 (1/2 cup) scoop to add berries. • Add 2 oz granola on top.
GRANOLA	12 1/2 LB	5. Cover tightly with lid. <ul style="list-style-type: none"> • CCP: Cool to 41°F or lower within 4 hours. • CCP: Refrigerate at 41°F or lower until served.

Nutrients are based upon 1 portion size (10 oz)

Calories: 331	Cholesterol: 11.34 mg	Sugars: 12.46 g*	Calcium: 168.93 mg	17.27% calories from total fat
Total Fat: 6.35 g	Sodium: 114.78 mg	Protein: 16.51 g	Iron: 12.03 mg	5.48 % calories from saturated fat
Saturated Fat: 2.01 g	Carbohydrates: 55.12 g	Vitamin A: 389.35 IU	Water: 194.07 g*	0.19 % calories from trans fat
Trans Fat: 0.07 g*	Dietary Fiber: 5.56 g	Vitamin C: 40.21 mg	Ash: 1.08 g*	66.62 % calories from carbohydrates
				19.96% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

May Harvest of the Month: Strawberry

Recipe: Strawberry Smoothie

Source: Virginia Department of Education/ Giles County Public Schools

Group: Breakfast

Number of Portions: 20

Size of Portion: 8 oz

Serving tool: Gloved hand, 8 oz plastic cup with lid

Meal Component Contribution: 1 oz eq MMA, 1/2 cup fruit, 1 oz eq grain

HACCP Process: No Cook

<p>STRAWBERRIES, RAW, WASHED, STEMS INTACT</p> <p>YOGURT, VANILLA, LOWFAT</p>	<p>5 LB</p> <p>5 LB</p>	<ol style="list-style-type: none"> 1. Wash your hands. Use disposable gloves. 2. Rinse strawberries, leaving the tops on. Drain in colander, then place in appropriate bowl. Add yogurt. 3. Use the stick blender to puree items until fruit has blended with yogurt, scraping the bowl frequently.
<p>MILK, WHITE, FAT FREE</p>	<p>16 OZ</p>	<ol style="list-style-type: none"> 4. Gradually add milk, scraping bowl. Pour into individual cups and place lid on tightly. 5. Use a sticker to place the frozen date on each smoothie. Use within 6 months. <ul style="list-style-type: none"> • CCP: Cool to 41°F or lower within 4 hours. • CCP: Refrigerate at 41°F or lower until served.
<p>GRANOLA</p>	<p>2 LB + 8 OZ</p>	<ol style="list-style-type: none"> 6. To serve: move smoothies from freezer to cooler the day prior to use. Depending on the freezer temperature, it may take two days to thaw to appropriate texture. Use a sticker to indicate day removed from freezer. <ul style="list-style-type: none"> • CCP: Hold at 41°F or below. 7. Add 2 oz granola on top before service. Place remaining smoothies in cooler and use within 1 week.

Nutrients are based upon 1 portion size (8 oz)

Calories: 142	Cholesterol: 3.86 mg	Sugars: 13.37 g*	Calcium: 180.92 mg	3.47% calories from total fat
Total Fat: 0.55 g	Sodium: 67.71 mg	Protein: 5.08 g	Iron: 0.55 mg	0.37 % calories from saturated fat
Saturated Fat: 0.06 g	Carbohydrates: 31.06 g	Vitamin A: 248.42 IU	Water: 231.32 g*	0 % calories from trans fat
Trans Fat: 0.00 g*	Dietary Fiber: 2.42 g	Vitamin C: 66.70 mg	Ash: 1.78 g*	87.29 % calories from carbohydrates
				14.27% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: Strawberries are ripe in May and June in Virginia. They grow best in well-drained soils. Vine-ripened berries are sweeter and high in Vitamin C. You can find local strawberries at farmers markets, roadside stands, pick-your-own farms, and featured in some grocery stores. Try finding a strawberry grower and purchasing bulk strawberries in season to freeze and use throughout the year.

Is yogurt good for you? Beware when shopping—some yogurts have very high sugar content. Check the label when buying yogurt and look for a type with the least sugar, or purchase plain yogurt and let the berries be your sweetener.

June Harvest of the Month: Cucumbers

Recipe: Cucumber Tomato Salad

Source: Virginia Department of Education/ Harrisonburg City Public Schools

Group: Vegetable

Number of Portions: 50

Size of Portion: 1/2 cup

Serving tool: No 8 (1/2 cup) spoodle

Meal Component Contribution: 1/2 cup other

HACCP Process: No Cook, Same Day Service

TOMATOES, LARGE, RIPE, DICED INTO 1-INCH PIECES	24	1. Wash your hands. Use disposable gloves. 2. Wash produce under cold running water and chop on sanitized cutting board. 3. Mix together tomatoes, cucumber, red onion, and cilantro.
CUCUMBERS, 8-INCH, DICED INTO 1-INCH PIECES	12	
ONIONS, RED, MEDIUM, COARSELY CHOPPED	3	
LEMON JUICE, RAW OIL, OLIVE OR CANOLA SALT BLACK PEPPER, GROUND	1/2 CUP 1 CUP 1 1/2 TBSP 1 TBSP	4. Sprinkle with lemon juice, olive or canola oil, salt, and pepper. Mix well. <ul style="list-style-type: none"> • CCP: Cool to 41°F or lower within 4 hours. • CCP: Refrigerate at 41°F or lower until served.
		5. Portion 1/2 cup salad into 5 oz soufflé cups for service. <ul style="list-style-type: none"> • CCP: Record time and temperature when removed from refrigeration. Use time as a public health control and discard unused portions that were not refrigerated.

Nutrients are based upon 1 portion size (1/2 cup)

Calories: 35	Cholesterol: 0.00 mg	Sugars: 0.63 g*	Calcium: 32.44 mg	59.27% calories from total fat
Total Fat: 2.30 g	Sodium: 107.83 mg	Protein: 0.69 g	Iron: 0.26 mg	8.48 % calories from saturated fat
Saturated Fat: 0.33 g	Carbohydrates: 3.63 g	Vitamin A: 402.73 IU	Water: 81.11 g*	0 % calories from trans fat*
Trans Fat: 0.00 g*	Dietary Fiber: 0.83 g	Vitamin C: 7.82 mg	Ash: 0.65 g*	41.62 % calories from carbohydrates
				7.92% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: Cucumbers are high in electrolytes, which evaporate from the body with perspiration. Try slices in iced water with a sprig of mint for a refreshing sugar-free beverage.

July Harvest of the Month: Zucchini

Recipe: Zucchini Parmesan

Source: Virginia Department of Education/ USDA Team Nutrition [Recipe for Healthy Kids Cookbook](#), tested by Loudoun County Public Schools

Group: Vegetable

Number of Portions: 50

Size of Portion: 1/2 cup

Serving tool: No. 8 (1/2 cup) spoodle

Meal Component Contribution: 1/2 cup other veg, 1/4 cup red/orange veg, 1/4 oz MMA

HACCP Process: Same Day Service

ZUCCHINI, RAW ONIONS, RAW, MEDIUM, WHOLE GARLIC, RAW TOMATO SAUCE, CANNED, MARINARA MOZZARELLA CHEESE, SHREDDED PARMESAN CHEESE, GRATED	12 LB 2 LB 8 CLOVES 1 GAL 1 LB 1 QT	<ol style="list-style-type: none"> 1. Wash your hands. 2. Preheat convection oven to 350°F. Coat two full size hotel pans with cooking spray. 3. Wash zucchini. Chop zucchini into 1 inch chunks. Pre-bake in hotel pans for 2-3 minutes, then drain in colander before assembly. 4. Trim, peel, and slice onions. 5. Trim, peel, and thinly slice garlic. 6. Divide ingredients between the two pans. Layer the tomato sauce, onions, and garlic on the bottom, follow with zucchini. Top with Parmesan and mozzarella cheeses. 7. Bake uncovered for 30-35 minutes until zucchini is tender and cheese is lightly browned and bubbly. <ul style="list-style-type: none"> • CCP: Heat to 135°F or higher. • CCP: Hold for hot service at 135°F or higher.
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Nutrients are based upon 1 portion size (1/2 cup)

Calories: 138	Cholesterol: 10.12 mg	Sugars: 0.77 g*	Calcium: 110.54 mg*	41.23% calories from total fat
Total Fat: 6.33 g	Sodium: 706.67 mg	Protein: 9.00 g	Iron: 1.59 mg*	15.36 % calories from saturated fat
Saturated Fat: 2.36 g	Carbohydrates: 14.82 g	Vitamin A: 1380.55 IU*	Water: 185.52 g*	0.46 % calories from trans fat
Trans Fat: 0.07 g*	Dietary Fiber: 4.48 g	Vitamin C: 48.85 mg*	Ash: 3.68 g*	42.87 % calories from carbohydrates
				26.04% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

August Harvest of the Month: Tomatoes

Recipe: Tabouleh

Source: Virginia Department of Education/ USDA What’s Cooking? [Recipes for Schools](#), tested by Prince William County Public Schools

Group: Salads

Number of Portions: 100

Size of Portion: 3/4 cup

Serving tool: 6 oz (3/4 cup) spoodle

Meal Component Contribution: 1 oz equiv whole grain, 1/4 cup red/orange veg, 1/8 cup vegetable other

HACCP Process: No Cook, Same Day Service

<p>TOMATOES, RED, RIPE, IN SEASON CUCUMBER, RAW, WITH PEEL PARSLEY, FRESH ONIONS, RAW PEPPERS, SWEET, RED, RAW MINT, FRESH, RAW LEMON JUICE, RAW CUMIN, GROUND OIL, OLIVE OR SALAD</p>	<p>9 LB + 12 OZ 5 LB 10 OZ 1 1/2 LB 1 1/4 LB 1 CUP 3 1/3 CUP 2 TBSP 3/4 CUP</p>	<ol style="list-style-type: none"> 1. Wash your hands. Put on disposable gloves. 2. Wash all produce under cool running water. Drain in colander. 3. Dice tomatoes, cucumbers, parsley, onions, fresh red bell peppers, and mint. Combine in a large bowl. 4. Add half the lemon juice, the cumin, and all the olive oil. Toss well, cover, and refrigerate. <ul style="list-style-type: none"> • CCP: Hold at 41°F or below.
<p>QUINOA, UNCOOKED BULGUR WHEAT, DRY SALT, TABLE</p>	<p>2 QT 2 QT</p>	<ol style="list-style-type: none"> 5. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 6. Combine quinoa, bulgur wheat, water, and salt in a large, uncovered stock pot. 7. Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. When done, quinoa will be soft and a white ring will pop out of the kernel. 8. When grains are cooked, fluff well, transfer to 4 pans, refrigerate and cool. <ul style="list-style-type: none"> • CCP: Cool to 41°F or below within 4 hours.

		<p>9. Add completely cooled grains to the marinated vegetables. Add the remaining lemon juice. Fold ingredients together gently so tomatoes are not bruised.</p> <p>10. Transfer 1 gallon, 2 cups (about 12 oz) tabouleh to a steam table pan (12 in x 20 in x 2 1/2 in). Use 4 pans for 100 servings.</p> <ul style="list-style-type: none"> • CCP: CCP: Cool to 41°F or below within 4 hours • CCP: Hold at 41°F or below. <p>11. Portion with a 6 fl. oz. spoodle (3/4 cup).</p>
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Nutrients are based upon 1 portion size (3/4 cup)

Calories: 122	Cholesterol: 0.00 mg	Sugars: 2.34 g*	Calcium: 28.92 mg*	20.82% calories from total fat
Total Fat: 2.83 g	Sodium: 195.42 mg	Protein: 4.12 g	Iron: 1.48 mg*	2.81 % calories from saturated fat
Saturated Fat: 0.38 g	Carbohydrates: 21.60 g	Vitamin A: 832.80 IU	Water: 137.29 g	0.00 % calories from trans fat*
Trans Fat: 0.00 g*	Dietary Fiber: 3.38 g	Vitamin C: 21.35 mg*	Ash: 1.48 g	70.65 % calories from carbohydrates
				13.49% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: This traditional Middle Eastern dish benefits from fresh, ripe tomatoes. Mint is easy to grow in school gardens. Before planting, decide on a location where it will not harm other plants if it spreads, or plant mint in a pot. Students love to add it to their water bottles, and it is a great addition to a sensory garden for small ones.

September Harvest of the Month: Sweet Red Bell Peppers

Recipe: Fresh Harvest Chicken Ratatouille

Source: Virginia Department of Education/ [New Hampshire Obesity Prevention Program](#), adapted by Fairfax County Public Schools

Group: Entree

Number of Portions: 100

Size of Portion: 8 oz (1 cup)

Serving tool: 8 oz (1 cup) spoodle

Meal Component Contribution: 2 oz. MMA, 1/4 cup red/orange veg, 1/4 cup other veg

HACCP Process: Same Day Service

<p>CHICKEN, DICED, COOKED, FROZEN, THAWED ONIONS, RAW PEPPERS, SWEET RED BELL, RAW OIL, OLIVE, SALAD, OR COOKING</p>	<p>12 1/2 LB 4 LB 7 LB 2 CUPS</p>	<ol style="list-style-type: none"> 1. Day prior to service: defrost chicken. 2. Wash your hands. Under cool running water, wash all vegetables and drain in colander. 3. Preheat convection oven to 400°F. 4. Dice onions and peppers. 5. Heat two hotel pans (12 in x 20 in x 4 in) with oil at the bottom of each. 6. Add onions and peppers to pans and roast for 7-9 minutes.
<p>ZUCCHINI, RAW MUSHROOMS, CRIMINI OR BUTTON, RAW GARLIC, RAW PARSLEY, FRESH OR DRIED BASIL, FRESH OR DRIED BLACK PEPPER, GROUND</p>	<p>8 LB 1 LB 8 OZ 2 CUP FRESH OR 1 CUP DRIED 2 CUP FRESH OR 1 CUP DRIED 1/2 CUP</p>	<ol style="list-style-type: none"> 7. Dice zucchini and mushrooms. Add zucchini and mushrooms to pans and roast for 5-7 minutes. 8. Mince garlic and fresh herbs. Add garlic, seasonings, and tomatoes to pans and roast for 5-7 minutes.

<p>CHICKEN, THAWED</p>	<p>12 1/2 LB</p>	<p>9. Add defrosted chicken to the vegetable mixture. Mix it together and return to oven for 15-20 minutes until internal temperature of chicken reaches 165°F.</p> <ul style="list-style-type: none"> • CCP: Heat to 165°F or higher for at least 15 seconds. • CCP: Hold at 135°F or higher for hot service. <p>10. Serve with 1 cup scoop over brown rice or pasta. Consider offering crushed red pepper on the side.</p>
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Nutrients are based upon 1 portion size (1 cup)

<p>Calories: 165</p>	<p>Cholesterol: 42.52 mg</p>	<p>Sugars: 3.11 g*</p>	<p>Calcium: 68.11 mg*</p>	<p>36.08% calories from total fat</p>
<p>Total Fat: 6.63 g</p>	<p>Sodium: 274.10 mg</p>	<p>Protein: 14.51 g</p>	<p>Iron: 1.85 mg*</p>	<p>3.61 % calories from saturated fat</p>
<p>Saturated Fat: 0.66 g</p>	<p>Carbohydrates: 11.09 g</p>	<p>Vitamin A: 1794.38 IU</p>	<p>Water: 85.47 g</p>	<p>0.00 % calories from trans fat*</p>
<p>Trans Fat: 0.00 g*</p>	<p>Dietary Fiber: 2.70 g</p>	<p>Vitamin C: 62.08 mg*</p>	<p>Ash: 0.60 g*</p>	<p>26.81 % calories from carbohydrates</p>
				<p>35.08% calories from protein</p>

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: If you have a tilt skillet, you may find it beneficial for the sautéing process. You may also use square head pans on the stove for sautéing. In general, double the amount of fresh to dried basil when substituting in recipes. Harvest basil from the school garden for a basil bouquet to add color and fresh aroma to your serving lines.

October Harvest of the Month: Apples

Recipe: Virginia Apple Crisp

Source: Virginia Department of Education/ USDA [What's Cooking?](#) recipe, adapted by Rappahannock County Public Schools

Group: Desserts

Number of Portions: 100

Size of Portion: 1 piece (pan cut in 5 x 10 pattern)

Serving tool: No 8 scoop (1/2 cup)

Meal Component Contribution: 1/4 cup fruit, 3/4 oz. equiv. grains/breads

HACCP Process: Same Day Service

APPLES, FRESH, RAW, UNPEELED APPLES, CANNED, UNSWEETENED, SLICED, SOLID PACKED WITH WATER LEMON JUICE	1/2 PECK (1 DRY GAL) 1 NO. 10 CAN 1/4 CUP	1. Wash your hands. Preheat oven: Conventional oven: 425°F, Convection oven: 350°F 2. Wash, core, and slice apples thinly to a 1/8 inch slice. Add lemon juice to diced apples to prevent browning.
FLOUR, ENRICHED ALL PURPOSE ROLLED OATS BROWN SUGAR, PACKED CINNAMON, GROUND NUTMEG, GROUND SALT, TABLE BUTTER OR MARGARINE, TRANS- FAT FREE	1 LB 12 OZ 1 LB 2 OZ 1 LB 14 OZ 3 TBSP 1 1/2 TBSP 1 TSP 1 QT	3. For topping: combine flour, rolled oats, brown sugar, 3 Tbsp cinnamon, nutmeg, salt, and margarine or butter. Mix until crumbly. Set aside for step 7.
		4. For filling: drain canned apples, reserving juice. For 100 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for step 7.

		<ol style="list-style-type: none"> 5. Place half of the cooked and half of the raw apples into each of two steamtable pans (12 in x 20 in x 2 1/2 in), along with the lemon juice. 6. Sprinkle 1 1/2 cups sugar, and 1 1/2 tsp cinnamon over apples in each pan. Stir to combine. 7. Pour 1 1/2 cups liquid over apples in each pan. Sprinkle 3 lb 6 oz (approximately 2 qt 1 cup) topping evenly over apples in each steamtable pan. 8. Bake until topping is browned and crisp, approximately 45 mins-1 hour. <ul style="list-style-type: none"> • CCP: Heat to 135°F or higher for at least 15 seconds. 9. Cool. Cut each pan 5 rows x 10 rows, 50 pieces per pan. <ul style="list-style-type: none"> • CCP: Record temperature and time removed from oven. Use time as a public health control and discard unused portions after 4 hours.
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Nutrients are based upon 1 portion size (1 piece)

Calories: 185	Cholesterol: 19.54 mg	Sugars: 6.07 g*	Calcium: 19.39 mg	38.75% calories from total fat
Total Fat: 7.98g	Sodium: 4.17 mg	Protein: 1.95 g	Iron: 0.70 mg	22.76 % calories from saturated fat
Saturated Fat: 4.96 g	Carbohydrates: 27.63 g	Vitamin A: 240.64 IU	Water: 26.59 g*	0.00 % calories from trans fat*
Trans Fat: 0.00 g*	Dietary Fiber: 2.04 g	Vitamin C: 0.31 mg	Ash: 0.14 g*	59.60 % calories from carbohydrates
				4.20% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

November Harvest of the Month: Cabbage

Recipe: Asian Chicken Wrap

Source: Virginia Department of Education/Fluvanna County Public Schools

Group: Sandwiches

Number of Portions: 25

Size of Portion: 1 wrap

Serving tool: Gloved hand

Meal Component Contribution: 2 oz MMA, 1.5 oz grain/bread, 1/8 cup dark green veg, and 1/2 cup other veg

HACCP Process: Same Day Service

CHICKEN, DICED, FROZEN, USDA, THAWED	3.25 LB	<ol style="list-style-type: none"> Day prior to service: place diced chicken on a sheet pan. Place in preheated 350°F oven until chicken reaches 165°F. Cool in refrigerator to 41°F or below within 4 hours. <ul style="list-style-type: none"> CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Cool to 41°F or below within 4 hours.
SPINACH, RAW CABBAGE, RAW CARROTS, SHREDDED DRESSING, ASIAN TOASTED SESAME	2 LB 3 1/2 LB 1 1/2 LB 16 OZ	<ol style="list-style-type: none"> Wash your hands. Put on disposable gloves. Wash spinach and cabbage under cool running water. Drain in colander. Use a food processor to shred cabbage. Mix shredded cabbage and carrots together with the Asian dressing.
TORTILLAS, WHOLE WHEAT, 6-INCH	25	<ol style="list-style-type: none"> Place 1/4 cup spinach on center of tortilla. Place 1/2 cup dressed coleslaw on top of spinach Place 2 oz of diced chicken on slaw. Fold over ends and wrap tightly. Cut in half on a bias and place in container. <ul style="list-style-type: none"> CCP: Hold at 41°F or below.

Nutrients are based upon 1 portion size (1 wrap)

Calories: 281	Cholesterol: 52.78 mg	Sugars: 5.48 g*	Calcium: 159.15 mg*	32.22% calories from total fat
Total Fat: 10.07 g	Sodium: 505.88 mg	Protein: 22.62 g	Iron: 2.80 mg*	9.09 % calories from saturated fat
Saturated Fat: 2.84 g	Carbohydrates: 23.71 g	Vitamin A: 8072.41 IU*	Water: 152.62 g*	0.00 % calories from trans fat*
Trans Fat: 0.00 g*	Dietary Fiber: 5.15 g	Vitamin C: 35.04 mg*	Ash: 1.90 g*	33.70 % calories from carbohydrates
				32.16% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: Cabbage is in the plant family called Cruciferae, named for the cross shape of the flowers. Plants in this family include collards, broccoli, kale, Brussels sprouts, and cauliflower. These plants have been shown in studies to help prevent clogged arteries, protecting against heart attacks and strokes. Eat more cruciferous vegetables as part of a healthy lifestyle.

December Harvest of the Month: Spinach

Recipe: Bistro Spinach Salad with Poppy Seed Dressing

Source: Virginia Department of Education/ Williamsburg-James City County Public Schools

Group: Salads

Number of Portions: 100

Size of Portion: 1 entrée salad

Serving tool: Gloved hand

Meal Component Contribution: 2 oz MMA, 3/4 cup dark green veg, and 1/4 cup other veg

HACCP Process: Same Day Service

CHICKEN, UNSEASONED STRIPS, COOKED, FROZEN	12 LB + 8 OZ	<ol style="list-style-type: none"> 1. Day prior to service: place diced chicken on a sheet pan. Place in preheated 350°F oven until chicken reaches 165°F. Cool in refrigerator to 41°F or below within 4 hours. <ul style="list-style-type: none"> • CCP: Heat to 165°F or higher for at least 15 seconds. • CCP: Cool to 41°F or below within 4 hours.
SPINACH, RAW LETTUCE, ROMAINE, RAW CARROTS, RAW, SHREDDDED	8 LB 9 LB + 6 OZ 5 LB + 4 OZ	<ol style="list-style-type: none"> 2. Wash your hands. Put on disposable gloves. 3. Wash spinach and Romaine under cool running water. Drain in colander. Spin dry if possible. Tear into bite-sized pieces. 4. Combine the spinach, Romaine, and shredded carrots.
		<ol style="list-style-type: none"> 5. Portion 2 cups of salad mix into each tray <ul style="list-style-type: none"> • CCP: Hold at 41°F or below. 6. Top with 2 oz. grilled chicken. 7. Optional: dress or serve with poppy seed dressing (recipe follows)

Nutrients are based upon 1 portion size (1 salad)

Calories: 93	Cholesterol: 37.26 mg	Sugars: 0.00 g*	Calcium: 57.82 mg*	34.35% calories from total fat
Total Fat: 3.56 g	Sodium: 191.05 mg	Protein: 11.50 g	Iron: 1.76 mg*	16.05 % calories from saturated fat
Saturated Fat: 1.66 g	Carbohydrates: 5.00 g	Vitamin A: 11109.83 IU	Water: 94.42 g*	0.00 % calories from trans fat*
Trans Fat: 0.00 g*	Dietary Fiber: 2.36 g	Vitamin C: 14.27 mg*	Ash: 1.10 g*	21.41 % calories from carbohydrates
				49.26 % calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: Spinach grows well in fall and spring, and can overwinter in Virginia's climate. Overwintered spinach converts carbohydrates to sugars (glucose and fructose) which protect the plant cells from bursting when they freeze. This is why spinach tastes especially sweet after frost.

Recipe: Poppy Seed Dressing

Source: Virginia Department of Education/ Williamsburg-James City County Public Schools

Group: Condiments

Number of Portions: 10

Size of Portion: 2 Tbsp

Serving tool: 2 oz soufflé cup

Meal Component Contribution: N/A

HACCP Process: No Cook

***ALLERGY ALERT: WORCHESTERSHIRE CONTAINS ANCHOVIES**

SUGAR, GRANULATED	3/4 CUP	<ol style="list-style-type: none"> 1. Wash your hands. Put on disposable gloves. 2. Mix all ingredients except oil in blender.
POPPY SEEDS	2 TBSP	
ONION, RAW	1 TSP	
WORCHESTERSHIRE SAUCE	1/2 TSP	
PAPRIKA	1/2 TSP	
VINEGAR, CIDER	2/3 CUP	
OIL, OLIVE, SALAD, OR CANOLA	1/2 CUP	

Nutrients are based upon 1 portion size (2 Tbsp)

Calories: 172	Cholesterol: 0.00 mg	Sugars: 15.18 g*	Calcium: 31.16 mg	63.43% calories from total fat
Total Fat: 12.12 g	Sodium: 4.30 mg	Protein: 0.47 g	Iron: 0.28 mg	4.33 % calories from saturated fat
Saturated Fat: 0.83 g	Carbohydrates: 15.86 g	Vitamin A: 56.86 IU	Water: 15.23 g	0.23 % calories from trans fat*
Trans Fat: 0.04 g*	Dietary Fiber: 0.50 g	Vitamin C: 0.06 mg*	Ash: 0.04 g	36.92 % calories from carbohydrates
				1.09 % calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data



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