



HOLLYMEAD ELEMENTARY SCHOOL IS CELEBRATING FARM TO SCHOOL WEEK

November 9-13, 2009

We have incorporated a variety of locally grown items into the school lunch throughout the week.

- Fresh apples, greens, radishes, tomatoes, broccoli and cauliflower will be part of the fresh fruit and vegetable choices throughout the week.
- Multicolor radishes, called Easter egg radishes, will be added to salads.
- Quick baked potato will be served on Monday.
- Homemade Butternut squash soup will be served on Wednesday.
- Hard-cooked eggs will be available for sale as a snack throughout the week and also included in the chef salad on Friday.
- Spaghetti sauce meat and soft tacos will be made using local beef.
- A variety a squash will be offered throughout the week. What a great way to try something new!
- Local Farmers will be a guest speaker in our Kindergarten and first grade classes.
- Taste samples of fruits and vegetables will be available throughout the week.
- Each morning a 'mystery' fruit or vegetable will be revealed along with some clues. Students will be encouraged to do their research and submit their guess to the cafeteria.

Afterschool students will assist the cafeteria manager in preparing some local items for the week and learn some kitchen skills at the same time.

Our cafeteria manager, Deb Murphy, and her team have worked hard to add these great tasty items to the menu. As always, we welcome you to come join your child for lunch during this week.

Participating Farms

Apples—Henley's Orchard
Eggs—Black Eagle Farm
Cabbage—Critzler Family Farm
Radishes—LFH Educational Farm
Spaghetti Squash—Woodridge Farm
Mixed Winter Squash—Critzler Family Farm and Woodridge Farm
Onions—Meadow Run Gardens
Potatoes—Hammill Farm and Critzer Family Farm
Broccoli—Double H Farm
Carrots—Meadow Run Gardens