

Farm to School Update



September 2011

LAKE STEVENS - TASTE OF WASHINGTON WEDNESDAY, SEPTEMBER 28TH 2011 SERVED AT ALL 6 ELEMENTARY SCHOOLS

The Menu

- # 1: Beef Rib A Que Sandwich
- #2: Chicken Ranch Salad Wrap
- #3: Bageler Combo
- All entrées are served with a **Fresh Baked Cinnamon Apple Harvest Bar** with Apples from *Selah* and flour from *Eastern Washington*

With 100% Juice or Darigold Milk from Washington Cows
(1% White or Fat-Free Chocolate)

Farm Fresh Fruit and Veggie Salad Bar

Elementary students will enjoy fresh local produce from around the state and in our own backyard at *Carleton Farm off Sunnyside in Lake Stevens!*

Carleton Farm – Lake Stevens, WA

- Sliced Cucumber Wheels

American Produce – Eastern Washington

- Pre-Sliced Sweet and Crispy “Gala” Apples - *Okanogan*
- Juicy Pluots (hybrid of Apricot and Plum) – *DeLap Orchard Farms*

Shawns Produce Processed in Everett..

- Sweet Red Peppers, *Imperial Garden, Wapato*
- Fresh Greens Salad Mix, *Carpinto Farm, Kent Valley*
- Celery Sticks, *Sterino Farms, Fife*
- Broccoli Florets, *Hayton Farms, Mt. Vernon*

WHAT IS TASTE OF WASHINGTON DAY?

Schools around the state will be serving a locally-sourced meal and providing education and activities to celebrate the farms that feed us!!! It’s a day to celebrate and recognize all the nutritious local food in our area!



Sliced Gala Apples from Okanogan Valley



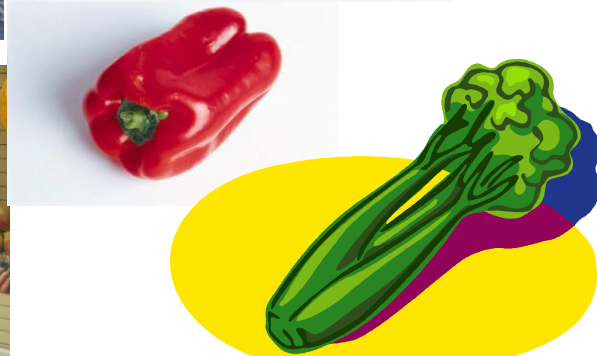
Pluot and Nectarines from DeLap Farms



Salad Mix



Highland Elementary



Glenwood Elementary