

WASHINGTON SCHOOLS TOP 10 MOST FREQUENTLY PURCHASED MINIMALLY PROCESSED FRUITS & VEGETABLES

1. Lettuce

Shredded, Chopped



Meal Component: Vegetable, subgroup Dark Green

Seasonal availability: June – November (depending on varieties)

How kids eat it: Lettuce is a common staple on salad bars; kids munch it in their salads and in sandwiches and wraps such as “Santa Fe Wrap” (recipe at: www.tpchd.org/health-wellness-1/physical-activity-nutrition/school-nutrition/healthy-school-menus/)

2. Broccoli

Fresh florets, Frozen



Meal Component: Vegetable, subgroup Dark Green

Seasonal availability: June – November (Fresh), Year-round (Frozen)

How kids eat it: Fresh broccoli florets can be found on salad bars and in specialty salads, soups and casseroles such as “Mac & Trees” (recipe at: http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf)

3. Carrots

Sticks, Coins, Shreds



Meal Component: Vegetable, subgroup Red/Orange

Seasonal availability: Year-round. Main season for fresh carrots is June – October, but roots from cold storage are available all year.

How kids eat it: In addition to raw carrot sticks or shreds found on most salad bars, carrots taste great in coleslaws, stir-frys, veggie wraps, and side dishes such as “Honey Dilled Carrots” (recipe at: www.k12.wa.us/ChildNutrition/Programs/NSLBP/pubdocs/ChildNutritionRecipeBook.pdf)

4. Salad Mix



Meal Component: Vegetable, subgroup Dark Green (and possibly Other)

Seasonal availability: Depends on contents. Blends vary and could contain Spinach, Lettuce, Cabbage, Mizuna, Kale, Chard, Arugula, Radicchio, etc. Various mixes may be available April – December.

How kids eat it: Salad mix is great as a base for salads (see “The Seasonal Salad Bar at: www.ecoliteracy.org/sites/default/files/uploads/cooking_with_california_food_K-12.pdf), and also a crunchy addition to wraps.

5. Apples

Sliced, bulk, single-serve



Meal Component: Fruit

Seasonal availability: Year-round. Main season for fresh apples is September – November, apples from cold storage are available all year.

How kids eat it: Apple slices are a hit alongside breakfast or lunch. Apples can also be added to coleslaw (“Apple Slaw” recipe: www.k12.wa.us/ChildNutrition/Programs/NSLBP/pubdocs/ChildNutritionRecipeBook.pdf), cooked into applesauce, and dipped in honey yogurt.

6. Corn

Kernels, frozen



Meal Component: Vegetable, subgroup Starchy

Seasonal availability: Year-round. Main season for fresh corn is July-October, but frozen corn is available all year.

How kids eat it: Corn can be found as a salad topper on salad bars, in specialty salads such as “Cowboy Caviar” (recipe at: www.k12.wa.us/ChildNutrition/Programs/NSLBP/pubdocs/ChildNutritionRecipeBook.pdf), in soups, salsas, and as a side dish at lunchtime.

7. Peas

Shelled, frozen



Meal Component: Vegetable, subgroup Starchy

Seasonal availability: Year-round. Main season for fresh shelling peas is July – October, but frozen peas are available all year.

How kids eat it: Peas can be added to salads, and make an appearance as a side dish, in soup, and entrees such as fried rice and “Gardener’s Pie” (recipe at: http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf) at lunchtime.

8. Strawberries

Rinsed, IQF



Meal Component: Fruit

Seasonal availability: Year-round. Main season for fresh strawberries is May – September, frozen strawberries are available all year.

How kids eat it: Frozen strawberries are a hit in smoothies and yogurt parfaits (recipe at: <http://www.wafarmtoschool.org/ToolKit/24/Strawberries/Recipes/Schools>) for breakfast or snacks, and thawed sliced berries can be an option on the salad bar at lunch.

9. Cauliflower

Florets, fresh or frozen



Meal Component: Vegetable, subgroup Other

Seasonal availability: June - November

How kids eat it: Schools serve cauliflower in soups, on salad bars, and in side dishes such as “Roasted Cauliflower with Turmeric” (recipe at: http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf)

10. Blueberries

Rinsed, IQF



Meal Component: Fruit

Seasonal availability: Year-round. Main season for fresh blueberries is July – September, frozen berries are available all year.

How kids eat it: Blueberries are popular in smoothies, yogurt parfaits and in “Fruit & Bran Muffins” (recipe at: http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf) at breakfast, and can be an option on the salad bar at lunch.

*WA Top 10 based on Farm to School WSDA Survey Findings – University of Washington NUTR 531 (“Minimally processed fruits and vegetables most frequently purchased for school meals in the 2009-2010 school year” Appendix C, Figure 11). March 2012.

*Adapted from Minnesota’s “Farm to School’s Top 10”