

Table 4. Summary of Iowa grown foods used in the NE Iowa Farm to School Cycle Menu

	Fall Cycle August – October	Winter Cycle November – January	Spring Cycle February - May
Fruits	Apples Pears Grapes Watermelon Cantaloupe Frozen Strawberries	Apples Frozen Strawberries	Frozen Fruit
Meat	Ground Beef Ground Pork Pork Roast Turkey Roast	Ground Beef Ground Pork Pork Roast Turkey Roast	Ground Beef Ground Pork Pork Roast Turkey Roast
Vegetables	Sweet Potato, Baked or Fries Roasted Zucchini Sweet Corn Cabbage Carrots Beets Broccoli Cauliflower Onions Potatoes Spinach & Tomato Salad*	Sweet Potato, Baked or Fries Winter Squash Cabbage Carrots Beets Onions Potatoes	Frozen Vegetables Greenhouse crops
Dairy	Yogurt Butter	Yogurt Butter	Yogurt Butter

*Tomatoes were purchased from farmers, but spinach tends to be expensive for schools. It is a good crop to come from a school garden.

** Other vegetables that could be sourced locally, but were not used in this pilot (mainly due to price) include mixed greens salad, green beans, spinach salad, peas, peaches, mashed potatoes.

Table 5. Recipe Sources for the NE Iowa Farm to School Cycle Menu

Healthier Kansas Menus

http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm

Iowa Gold Star Cycle Menu

<https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/iowa-gold-star-cycle-menu>

USDA Recipes for Schools

<http://www.nfsmi.org/ResourceOverview.aspx?ID=115>

NE Iowa Food and Fitness Initiative F2S Recipe page

<http://iowafoodandfitness.org/site/recipes.html>

Massachusetts Farm to School Cookbook

http://www.massfarmtoschool.org/wp-content/uploads/2012/05/farm_to_school_cookbook.pdf

The Lunchbox

<http://thelunchbox.org>