



Celebrate Summer Local!!



Here is an example meal plan that your site might use to incorporate local products into each lunch during Farm to Summer Week.

Monday	Tuesday	Wednesday	Thursday	Friday
Submarine Sandwich on Whole Wheat Roll	Whole Wheat Spaghetti with Meat Sauce	Chef Salad (<u>lettuces and carrots</u>)	Oven-Baked Fish Nuggets (<u>Alaska pollock</u>)	Whole Wheat Cheese Pizza
Three Bean Salad (<u>local green beans</u>)	<u>Local Barley Roll</u>	Whole Wheat Soft Pretzel	Whole Wheat Roll	Caesar Salad (<u>Romaine</u>)
<u>Strawberries</u>	<u>Broccoli & Cauliflower</u>	<u>Local Snap Peas</u>	<u>Roasted Kale</u>	<u>Grape Tomatoes</u>
Kiwi Halves	Kiwi Halves	Banana	Canned Peaches	Cantaloupe Wedges
Skim and low-fat Milk	Skim and low-fat Milk	Skim and low-fat Milk	Skim and low-fat Milk	Skim and low-fat Milk

*** REMEMBER! Tell people about how you use local foods in your menus! ***