



# Local Harvest Lunch

Friday, Oct 19<sup>th</sup> 2018 | All Fayetteville Public Schools

October is National Farm to School Month! FPS Child Nutrition invites you to join your student for a locally-sourced lunch made with ingredients from farms & small businesses in Arkansas.

## ***MENU FOR THE DAY***

- **Razorback Rice:** grass-fed ground beef from Shumate Farms in Durham, beefalo sausage from Don Rovin' Beefalo Farm in Lincoln & rice from Ralston Family Farms in Atkins. Cooked with diced veggies and Southern spices.
- **Seasoned Sweet Potato Wedges with Garlic Aioli Dipping Sauce:** sweet potatoes from Dickey Farms in Tontitown
- **Ramay Apple Muffin:** apples from A&A Orchards in Berryville. Recipe created by Mrs. Roger's Food and Consumer Science class.
- **Granny's Quick Pickles:** cucumbers from a produce Co-op in Arkansas
- **Freshly-Picked Fruit:** apples from Vanzant Fruit Farm in Lowell
- **Seasonal Salad Bar:** various fresh vegetables from Arkansas farms, including crispy lettuce from Ozark All Season in Winslow
- **Icy Cold Milk:** various choices from Hiland Dairy in Fayetteville



*We encourage parents & staff to attend. If you plan to join your student, please ask the school in advance if guests are allowed to attend and RSVP. Guest meals cost \$3.60, payable at check out. Dietary restrictions may be accommodated.*

**Questions?** Call the Child Nutrition Department, (479) 684-5091.