

# Student Nutrition Services

The Student Nutrition Services Department of the Moscow School District provides breakfast, lunch and snacks to more than 2500 students per day. Our schools follow the nutrition guidelines of the National School Lunch Program, a USDA federal program. We offer a variety of meal choices, including a vegetarian choice daily at all grade levels.

USDA is making changes in the meal patterns to provide healthier meals to students and to fight childhood obesity.

Moscow School District is one of five pilot schools for the Farm to School Program in Idaho. This program, funded by USDA promotes the used of local and regional products in school meals.



Photo by NinaZero—Flickr



**The school meal tray has a new look. It features:**

- an increased variety of fruits and vegetables (including some foods from local sources)
- more whole grains
- grade appropriate meat/protein servings
- a variety of low-fat dairy products,
- Calories that follow the recommended Dietary Allowance/Intake for various grade levels

USDA is an equal opportunity provider and employer.

**MOSCOW SCHOOL DISTRICT  
STUDENT NUTRITION SERVICES**

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# Farm To School



Photo by Carolyn Gallant-Flickr

**We are proud to feature Local and Regional foods in our school meals**



Photo by Lungstruck-Flickr

## LOCAL foods in our meals:

Vegetables including Squash, Cucumbers, and Tomatoes from growers in Idaho and Washington



Idaho made Whole Wheat Tortillas



Washington and Idaho Milk (packaged in Washington)



Potato products from Idaho



Fruit including Apples, Pears, Pluots, Peaches, and Nectarines grown in Idaho and Washington



Lentils and Garbanzo Beans from the Palouse Region of Idaho



John Butler slices apples for school children on tour of his orchard

Our featured fruit provider is American Produce Express. They combine the production of small orchards and deliver fruit to schools. John Butler and family are third and fourth generation fruit growers in Omak, WA. John's vision is to connect more directly with the people who eat fruit. Delivering directly to schools is his way of doing that while keeping the family farm tradition alive.

"At American Produce Express and the Butler Family Farm, we believe it is our responsibility to be caretakers of the land and protect our environment for future generations. It gives us great satisfaction to know we provide food that is fresh, nutritious and wholesome. To those ends, we engage in the best practices and sound farming techniques."

American Produce Express currently works with 70-80 school districts in Washington and Idaho. They started selling fruit to schools in 2000 and the Moscow School District was one of the first customers. Our program for schools focuses on locally grown fruit. This fruit coop brings together small orchards that grow apples, pears, pluots, and nectarines. All our fruit is tree-ripened, packed in the orchard and then delivered directly to the schools. Fruit does not get any fresher than that!