



CAFETERIA CONNECTIONS

Learn about proteins through fun activities,
classroom lessons, and farm tours.

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Learning about proteins through fun activities, classroom lessons, or even farm tours is a valuable way to make connections with what is being served on the trays to students.

Here are resources and recipes that your school's foodservice professionals may find helpful for menu planning on and around Indiana Food Day.

RESOURCES



NATIONAL DAIRY COUNCIL - LIFETIME

Downloadable materials that illustrate how dairy foods, including cheese and yogurt, nourish at the different stages of human development.

[LEARN MORE](#)



FEEDING BEEF IN THE EARLY YEARS

Information on how beef as part of early-childhood diet sets the stage for healthy growth and development.

[LEARN MORE](#)



EGG PREPARATION FOR SCHOOLS

How-to video series with information, tips, and recipes for making and marketing eggs in school meals.

[LEARN MORE](#)

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GUIDE TO TASTE TESTING LOCAL FOODS IN SCHOOLS

Designed to help foodservice staff, teachers, and farm to school coordinators develop a taste test program successful at encouraging children to try new foods and learn lasting healthy eating habits.

[LEARN MORE](#)

PROTEIN RECIPES

Explore a collection of delicious and nutritious protein-packed recipes. From savory dishes to delectable treats, these culinary creations will provide the essential building blocks your body needs.

BREAKFAST PIZZA W/ HASHBROWN CRUST

(can substitute ground pork for turkey)

A nutritious breakfast pizza with lean turkey sausage, eggs, and peppers that is served on a hash brown crust.

[LEARN MORE](#)

VEGETABLE FRITTATA

Individual egg casseroles with mushrooms and fresh bell peppers are baked in muffin tins.

[LEARN MORE](#)

BREAKFAST BURRITO

Enjoy a whole wheat tortilla with eggs, sweet corn, crispy green bell peppers, onion, fresh tomato, and low-fat cheese topped off with a low-sodium salsa.

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BREAKFAST SAUSAGE

(can substitute ground pork for turkey)

Aromatic spices are combined with lean ground turkey to give a burst of flavor to this enticing breakfast sausage.

[LEARN MORE](#)



8 BEEFY RECIPES

As a good source of protein and iron, beef can be a valuable addition to your menu. It helps keep kids full and can be prepared in a variety of dishes.

[LEARN MORE](#)



CHILI CON CARNE WITH BEANS

This warm and delicious chili is full of ground beef, pinto beans, and cheddar cheese.

[LEARN MORE](#)



HOMEMADE CHILI

Each spoonful offers a balance of tender pork, hearty beans, and a medley of spices that create a satisfying warmth.

[LEARN MORE](#)



RANCH-SEASONED BAKED CHICKEN DRUMSTICKS

Ranch seasoning gives these tender drumsticks a lot of flavor and appeal.

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7 "EGGSELLENT" RECIPES TO START THE DAY

From scrambled to poached and everything in between, the egg is a great source of protein, omega-3 fatty acids, and small amounts of 13 different vitamins and minerals.

[LEARN MORE](#)



"EGGSPLORÉ" EVEN MORE RECIPES

The 5 Days / 5 Ways® program shares real ways menu planners can minimize inventory costs while maximizing egg product use, serving them multiple ways across a menu cycle.

[LEARN MORE](#)



SEASONAL FRUIT AND YOGURT PARFAITS

Fresh fruit and creamy yogurt topped off with crunchy granola is a sweet treat any time of day.

[LEARN MORE](#)



APPLE NACHOS

Flavor-packed snacks take a fruity turn with crisp apple slices dipped in yogurt, sprinkled with granola cereal.

[LEARN MORE](#)



PB & J GREEK YOGURT PARFAIT

This parfait has layers of peanut butter, strawberries, Greek yogurt, and is topped with granola and mini chocolate chips.

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STRAWBERRY CITRUS SMOOTHIE

This recipe uses strawberries, pineapple, orange juice, and yogurt to create a delicious sweet blend.

[LEARN MORE](#)



BERRIES AND CREAM OVERNIGHT OATMEAL

Fresh blueberries and strawberries are layered into a twelve ounce cup with oats and vanilla yogurt.

[LEARN MORE](#)

CAFETERIA POSTERS

Promotional posters from Indiana Grown For Schools, to prominently display when eggs are part of the menu, and a "We Love Local!" poster for use of locally-sourced ingredients.



CLASSROOM CONNECTIONS

Here are additional materials educators might find useful to supplement their own teaching materials, or to draw ideas from for lessons and planning.



BEEF MATERIALS

Indiana Farm Bureau's [Agriculture in the Classroom](#).



PORK MATERIALS

Indiana Pork lesson plans in ["Producers, Pigs, and Pork"](#) and ["Introduction to Pork Production"](#).

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POULTRY & EGG MATERIALS

Egg-based lesson plans available from Indiana Farm Bureau's Agriculture in the Classroom.

"BE A DETEGGTIVE!" - For students in [Grades K-2](#).

"EGGS: PROTEIN MVP" - For students in [Grades 3-5](#).

"EGGS: FROM HEN TO HOME" - For students in [Grades K-2](#) and [Grades 3-5](#) to trace the path of eggs and identify culinary uses and nutritional benefits.

"THE LIFE CYCLE OF A CHICKEN" - For [preschool and elementary grade](#) levels.

"EGGS ON THE MENU" - For students in [Grades 6-8](#).



CHEESE & YOGURT MATERIALS

Learn about the variety of dairy products high in protein through activities from American Dairy Association Indiana.



"FARM TO SCHOOL GUIDE"

Features physical and classroom activities focusing on dairy, plus ideas for fun taste tests.

[LEARN MORE](#)



"BREAKFAST - FIRST MEAL MATTERS"

After learning the importance of a well-balanced breakfast, have your students help plan meals utilizing dairy products high in protein.

[LEARN MORE](#)

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FISH MATERIALS

From National Agriculture in the Classroom, [“Producing Fish”](#).

BEAN & TOFU MATERIALS



[This lesson](#) explains farmer practices in growing pulses to minimize environmental impact.

[Lesson plans](#) courtesy of the USA Dry Pea & Lentil Council.

Another great initiative in October is the **Indiana Great Apple Crunch**. If you would like to include this with your Food Day activities, or even designate an additional date just for the Apple Crunch, you can register [here](#):

 [Register](#)



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