

Put Our State on Your Plate: Pride of Dakota School Lunch Day 2017

September 28, 2017 has been designated Pride of Dakota Day in North Dakota schools. This day provides an opportunity to teach kids where their food comes from and highlights the availability of food grown by local producers.

On this day, most school districts will support North Dakota producers and processors by serving North Dakota products to over 80,000 students. Our state produces many foods, including: beef, pork, poultry, corn, soybeans, potatoes, wheat, rye, soybeans, pinto beans, oats, lentils, barley, pasta, milk, cheese, butter, honey, canola and sunflower seeds, just to name a few!

Here are some menu ideas for your school to use on Pride of Dakota School Lunch Day featuring ingredients that can be purchased locally:

- Chili with a whole grain cinnamon roll or breadstick
- French dip sandwich
- Hamburger on a whole grain bun
- Ham sandwich
- Grilled cheese
- Rotini with meat sauce
- Meatballs and mashed potatoes
- Pizza submarine
- Tacos
- Taco meat or chili on a baked potato
- Barley vegetable soup
- Baked Red River potato
- Potato wedges
- Celery sticks with Sunbutter
- Whole grain dinner roll with honey or honey butter
- Apple crisp with local apples and oatmeal
- Sunflower seeds
- Fresh local carrots, tomatoes, cucumbers, apples, zucchini, squash

The North Dakota Department of Agriculture will send materials to schools who wish to participate.

