PWCS Food and Nutrition Department's Local Harvest of the Month

Did you know your school cafeteria serves seasonal Virginia produce all year long? Incorporating local products into our menus gives students the opportunity to enjoy nutritious fresh fruits and vegetables, while learning about the seasonality of foods and how foods are grown. These products support local farms and are a tasty way to improve the health of our children!

Every month, the PWCS Food and Nutrition Department features a different Virginia-grown fruit or vegetable as the Local Harvest of the Month! Follow @PWCSNutrition on Twitter and Instagram to learn about the monthly Harvest of the Month, and the many local farmers who grow food for our menus! PWCS Nutrition also shares recipes for many of the scratch made menu items that feature the Local Harvest of the Month! This month the featured recipe is PWCS Nutrition's scratch made Kickin' Roasted Veggies, which are made with local Virginia-grown bell peppers and yellow squash!

National School Lunch Week Contests in September!

The Food and Nutrition Department is hosting two Division-wide contests in September! The winners of the contests will be announced during National School Lunch Week (October 10th 13th).

Students across the Division have the opportunity to participate in a T-Shirt Design Contest and a School Lunch Minecraft Education Build Challenge! The winning T-Shirt design will be turned into a shirt that will be worn by all PWCS Food and Nutrition Department employees this school year. Students who participate in the Minecraft Education Build Challenge will have the chance to participate in a video chat with one of the Directors of Minecraft Education and have their design be featured at the PWCS Food and Nutrition Department's Food Show at Colgan High School on October 26th! Please contact the School Food Service Manager at your school to get the rules and guidelines for both contests, or access the guidelines on the PWCS Food and Nutrition Department's Launchpad.