



### ***What are MN Thursdays?***

- On Minnesota Thursdays we go all out. If it's on our meal the first Thursday of the month, it's entirely locally-sourced.
- Creating a meal grown from solely from Minnesota, allows students to engage in learning about the journey of food from farm to table.

Each meal is monitored by the dietitian on staff, and the five food groups have to meet code with nutrient content.

(e.g.) When the cornbread muffin is on the menu for a Minnesota Thursday, the dietitian on staff works with the business to test the product and make sure it qualifies as the whole grain option for the meal.

- Incorporating seasonal food within the menu, having students critically think about where and when food is at its peak of ripeness



### ***Food Options***

When it's MN Thursdays *everything* on the plate is locally-sourced—whether it's fresh produce, meat, or a baked good. The meals incorporate items from within 200 miles of the schools location, majority of which are from Minnesota.

### ***The goals of MN Thursdays are to:***

- Support the local food economy
- Offer students fresh, seasonal options
- Engage student to think about their food
- Have students be excited about school lunch