

THE FARMER CAFE TIMES

JANUARY 2024

WHAT'S COOKING IN TOWNSHIP OF UNION

FARM-TO-SCHOOL MONTH



FARM-TO-TRAY FRESH LOCAL PRODUCE

Each month a local fruit and vegetable is featured in the cafeteria. These are all grown on New Jersey farms. Our staff finds creative ways to prepare the fruit and vegetable of the month, challenging students to think about food differently. Our Farm-to-Tray program promotes sustainable eating habits in students.

Month	Produce	Source
September	Grapes	Evergreen Farm
September	Corn on the Cob	Buzby Farm
October	Asian Pears	Evergreen Farm
October	Gala Apples	Phillips Farms
October	Honeynut Squash	Buzby Farm
October	Basil	Element Farms
November	Cranberries	Ping Barrens Native Fruits
November	Red Cabbage	Landisville Grower Cooperative
December	SunCrisp Apples	Phillips Farms
December	Crushed Tomatoes	First Field NJ
January	Red Cameo Apples	Phillips Farms
January	Carrots	
February	Honey	Bob's Buzzy Bees
February	Purple Sweet Potatoes	Parzanese Brothers
March	Blueberries	Blueberry Bill
March	Mixed Yellow Potatoes	Phillips Farms
April	Gold Rush Apples	Phillips Farms
April	Spinach	Landisville Grower Cooperative
May	Applesauce	First Field NJ
May	Scallions	Landisville Grower Cooperative
June	Asparagus	Sheppard Farms

UPCOMING EVENTS

JANUARY 2024



FOODS ACROSS AMERICA

Take a road trip across America and sample favorite foods from different states!
Arizona: Chimichanga with Chipotle-Lime Rice
Ohio: Skyline Chili
Tennessee: Nashville Hot Chicken

HIGH SCHOOL AND MIDDLE SCHOOL

MARCH 2024



FLAVORS AROUND THE WORLD

Enjoy different cuisines from around the world and celebrate diverse cultures.
Argentina: Choripán
Japan: Congee
Haiti: Poulet a L'Haitienne
Korea: Beef Bulgogi

HIGH SCHOOL AND MIDDLE SCHOOL



HEALTHY SCHOOL LUNCH CHALLENGE

Using the Featured Fruit and Vegetable of the Month, students from all Pomptonian school districts are invited to create recipe ideas for a healthy lunch. The winner of the challenge will have their meal featured on their district's lunch menu in the following month.

ALL SCHOOLS

STREET TACOS



Our Street Taco promotion offers a variety of choices to please all palates. The finest quality of ingredients, festive music, and the colorful display will leave you feeling satisfied. Students have their choice of protein and toppings, including beef, chicken, corn, or beans and homemade pico de gallo. This promotion is being served at Franklin in January, Jefferson in February, Washington in March, and Livingston in April.

FRANKLIN, JEFFERSON, WASHINGTON, AND LIVINGSTON

SEPTEMBER 2023 HISPANIC HERITAGE MONTH

In celebration of Hispanic Heritage Month, the high school and middle school featured a diverse lunch menu. Students enjoyed the flavorful touch of freshly made beef and chicken empanadas, pollo saltado, and spicy cuban sandwiches, adding a delicious cultural experience to their mealtime.



OCTOBER 2023 FARM-TO-SCHOOL TASTING & VOTING EVENT

To celebrate Farm-to-School Month in October, our Registered Dietitian Alex visited schools and showcased samples of the local produce to students. Students were then invited to vote on their farm-fresh favorite. Educational information and fun games were also presented.

NOVEMBER 2023 THANKSGIVING MEAL

Our school's Thanksgiving feast delighted students with a delectable meal featuring tender turkey, rich gravy, braised red cabbage from Landisville Grower Cooperative, and tangy cranberry sauce, fresh from Pine Barrens Native Fruits, creating a memorable and heartwarming holiday experience.



DECEMBER 2023 HOLIDAY MEAL

Celebrate the holidays with a warm, home-cooked meal. Our schools served Homemade Lasagna paired with fresh Apple Crisp, both made with fresh local ingredients from local farms.



STREET TACOS

Our Street Taco promotion offers a variety of choices to please all palates. The finest quality of ingredients, festive music, and the colorful display will leave you feeling satisfied. Students have their choice of protein and toppings, including beef, chicken, corn, or beans and homemade pico de gallo. This promotion was served at Burnet in October and Kawameeh in December.

