

POWER UP YOUR PROGRAM!

Okanogan School District

Todd Rouse,
Food Services Director



While exploring nutrition education opportunities during Power Up Your Program, Todd found an enthusiastic partner in Toni Brown, Okanogan High School's leadership teacher. Together, they engaged five student teams in creating a week of menus for school lunch. Todd taught students about meal pattern requirements for the National School Lunch Program (NSLP) and used MyPlate to reinforce what makes a balanced meal. As menu planners, students consulted the Office of Superintendent of Public Instruction's (OSPI's) meal pattern charts and navigated real-world challenges like how to balance cost, nutrition requirements, and student preferences. Students' menus featured tacos, yakisoba, grilled cheese, and other favorites along with colorful fruits and vegetables, milk, and whole grains. Todd is looking forward to offering the menus at lunch next year, showing students that their voice and work matters.

TODAY'S LUNCH: STUDENTS' CHOICE!



PORK & CHEESE EMPANADA
GARDEN SALAD
BAKED APPLE WITH OATMEAL CRISP
MILK



Project Highlights

- 25 students in a leadership class worked as teams to plan a week of menus for school lunch
- Students considered NSLP requirements and food cost while creating tasty meals featuring tacos, yakisoba, and other favorites
- The lesson incorporated free resources including MyPlate materials from Team Nutrition and OSPI's School Meals Menu Planning Toolkit.



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