

TONKA FRESH

A Monthly Newsletter from Minnetonka Nutrition Services

March 2025

Welcome to Tonka Fresh, the official newsletter of Minnetonka Nutrition Services! March is National Nutrition Month[®], and we are celebrating by serving up samples to all students during their lunch periods. Keep reading to learn more about what we are sampling this month and why it's an important component in our menus. Plus, find out more about a great resource for learning about our school meals.

Whole Grain Sampling: Expanding the Variety Within School Meal Requirements

This month, Nutrition Services district staff are back in the school cafeterias facilitating food sampling for students. The process introduces students to new foods. Sampled items are free of the Top 9 allergens and are meant to encourage students to try something they may not have tasted before!

Each school will have the opportunity to test a whole grain blend of quinoa and brown rice during lunch periods. While tasting, students will learn about the health benefits of whole grains, including how they provide energy for learning and how they can support heart health.

Whole grains are an important and essential component of school meals. Did you know that all grains in school meals must be at least 50% whole grain, and throughout the week, at least 80% of grains must be whole-grain rich? Our program serves students a variety of whole grain products each month, including brown rice, whole wheat buns and bread products, and whole grain corn chips, to meet this requirement.

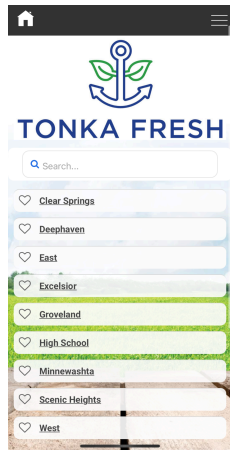
You can ask your child about their food sampling experiences and what they thought of this month's option!

Local Partner Spotlight: Citrus Systems Provides a Staple Component to a Student-Favorite Menu



The orange juice served in Minnetonka Schools cafeterias comes from just a short drive away, from local company Citrus System, based in Hopkins, MN. Citrus Systems produces 100% fruit juice that is fortified with calcium and vitamin D, two important nutrients for children. This tasty fruit juice is a component of one of our most popular meals, breakfast for lunch! Students love this sweet addition to our menus, and we love that it is rich in nutrients that support their health.

Check Out The NutriSlice App: Your One Stop Shop For All Things School Menu



Interested in planning ahead to know what will be served for upcoming school breakfasts and lunches? The Tonka Fresh digital menus are live on the [NutriSlice website](#) and the Nutrislice app! Viewers may access the current week and next week's menus to help plan for breakfast and lunch. Users can even "heart" the menus they commonly view for quick access to students' menus.

New Feature Alert! In addition to allergen icons, allergen eliminator, nutrition facts and ingredients, a photo of each item is now available. We hope this additional feature helps your family as you plan out your meals for the week, so students can see exactly what to expect during meals.

Did you miss a previous month's edition? Check out all [past newsletters](#) on the Nutrition Services Department website.

Stay Connected! Follow @TonkaFresh on Instagram

Join us on Instagram to peek behind the scenes and see what goes into making Minnetonka Nutrition Services. Follow [@TonkaFresh](#) for updates on new menu items, vendor spotlights, Q&As and more!