

TONKA FRESH

A Monthly Newsletter from Minnetonka Nutrition Services *October 2025*

Welcome to Tonka Fresh, the official newsletter of Minnetonka Nutrition Services! October is marked with many fun events celebrating school lunch. From the local produce we get from right here in Minnesota, to the globally inspired cuisine served at lunch, we are serving up a world of flavor and fun!

National School Lunch Week: Recognizing the Global Cuisines Served All Year Round



Each year in October, the School Nutrition Association hosts a week-long celebration of school lunches. This year, the theme for this celebration was Taste The World: Your School Lunch Passport. Minnetonka Nutrition Services participated in this celebration by highlighting some of our student's favorite globally-inspired meals throughout the week.

Our team emphasizes the importance of exploring foods from different cultures when building the school lunch menus. It is important that students feel their culture is celebrated in school, and school lunches are one way we can connect with many student backgrounds. By introducing global flavors within school meals, students are offered the opportunity to expand their palates, and learn more about what other community members may eat at home. Additionally, a wider variety of meals also keeps school lunch fun and engaging for students and staff. Stay tuned for more meals inspired by cuisine from around the world throughout the school year!

Local Spotlight: Celebrating the Great Apple Crunch with Fresh, Local Apples

Did you know that October is National Farm to School Month? While we love celebrating local foods all year round, one of our favorite events designed to honor local foods is the Great Apple Crunch. This event was held throughout the Great Lakes region on October 9th



with the purpose of celebrating healthy foods that are grown right here in the Midwest!

Minnetonka students and staff were all offered fresh, local apples with their school lunch on this day to “crunch” into. While some produce is best served in the summer, the ideal season for picking apples in Minnesota is late August through the end of October, perfect for the start of the school year. These fun events are a great reminder of the delicious and nutritious foods we can find right in our own backyard. But wait there’s more! Students are offered a variety of local fruits and vegetables with their meals throughout the school year.

Trying New Fall Flavors: Vegetable Sampling Beginning in October



Beginning this week, the District Minnetonka Nutrition Services team is kicking off their first sampling event of the school year! In the coming weeks, students at all schools will have the opportunity to sample a blend of roasted vegetables resembling a fall-favorite: candy corn! This seasonal blend of vegetables includes butternut squash, carrots, turnips and parsnip.

Samples are offered to all students, whether they are eating school lunch or home lunch. Student feedback regarding this new vegetable blend will determine whether it makes an appearance on future menus. Sampling is a great way for students to try new foods, and get involved in the school lunch process. By providing feedback on the items they are sampling, students have a voice in the menus that they will be served later in the school year. This engagement with students is mutually beneficial, as students are introduced to a wider variety of nutritious foods, and school meal participation is boosted!

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

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