



Harvest of the Month Recipes

The PCSD Student Wellness Policy #5405 recognizes the connection between proper nutrition, adequate physical activity and educational success. The Board of Education policy sets goals and authorizes district actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity.

Recipes and Harvest of the Month Document List

1. Maple Roasted Acorn Squash:  Acorn Squash
2. Roasted Parmesan Asparagus:  Asparagus
3. Beets & Sweets:  Beets
4. Roasted Butternut Squash Salad:  Butternut Squash
5. Green Goddess Salad:  Cabbage
6. Cabbage & Cucumber Salad:  Cabbage 2
7. Sweet Carrot Salad:  Carrots

8. Cheesy Cauliflower Breadsticks:  Cauliflower
9. Corn and Zucchini Frittata:  Corn
10. Creamy Corn Dip:  Corn 2
11. Roasted Garlic Vinaigrette:  Garlic
12. Southern Style Green Beans:  Green Beans
13. Cheesy Kale Bites:  Kale
14. Kale Pesto Potatoes:  Kale 2
15. French Lentil Salad:  Lentils
16. Caramelized Onion Dip:  Onions
17. French Onion Soup:  Onions 2
18. Parmesan Smashed Potatoes:  Potato
19. Scalloped Pumpkin and Cheddar Potatoes:  Pumpkin
20. Gazpacho:  Tomato
21. Broccoli Crunch Salad:  Broccoli
22. Everything Celery Sticks:  Celery
23. Creamy Beet Pasta:  Beets 2
24. Cowboy Caviar:  Beans
25. Black Bean Brownies:  Beans 2
26. Shaved Brussels Sprouts Salad:  Brussels Sprouts
27. Babaganoush  Eggplant
28. Honey Parsnips & Carrots  Parsnips
29. Tennessee Onions  Onions 3
30. Roasted Spaghetti Squash  Roasted Spaghetti Squash
31. Roasted Chick Peas  Chick Peas 2
32. Butternut Squash Macaroni and Cheese  Butternut Squash 2
33. Zucchini Fries  Zucchini 2
34. Creamy Spinach Pasta  Spinach
35. Pear and Arugula Salad  Pear