



Healthy Meals that Kids Love

with Mushrooms in Schools



School Year 2022-23 Resource Brochure

MushroomsInSchools.com

 [@MushroomsInSchools](https://www.facebook.com/MushroomsInSchools)  [@MushroomsK12](https://twitter.com/MushroomsK12)

Welcome to School Year 2022-23!

We know that serving up great school meals takes a strong team. Mushrooms in Schools has your back.



A Message from Mushrooms in Schools:

Mushrooms in Schools began at ANC in Denver, CO, 2012 when the Mushroom Council exhibited for the first time. For 10 years and counting, we have been supporting schools serving mushrooms through marketing and culinary support. We have been so pleased to see mushrooms become a common vegetable in school coolers and on their menus. We love to see the many regional recipes featuring fresh and local mushrooms!

Did You Know? Schools consumed over 1 million pounds and counting of mushrooms this past school year?

Did You Know? DoD supplies mushrooms across the country by supporting local farmers and producers.

Malissa Marsden (top left), our school consultant, represents us on Facebook, Twitter and at National Events supporting CACFP and School Nutrition Programs. Take a moment to introduce yourself sometime by sending us a message - we love meeting and networking with other school nutrition professionals, and supporting your efforts to serve delicious, nutritious school meals.

This brochure has been created to help you do just that! Please read through the pages and visit our website to download the resources mentioned, plus so much more. Share this brochure with your kitchen teams, managers, or colleagues - Mushrooms in Schools is for everyone!



*Malissa Marsden, SNS
Consultant for Mushrooms
in Schools*



*Chef Robert Rusan
Consultant for Mushrooms
in Schools*

Here to Help!

Malissa Marsden, SNS has spent over 30 years in the school nutrition industry and is currently a Consultant to two Agriculture Marketing Boards and a national speaker. Malissa provides culinary training and assistance in creating recipes, meals and menus that utilize available Commercial and USDA Foods for Child Nutrition. Malissa focuses on speed scratch, simple recipes and menus that operators can utilize in their operations and that the kids will eat. Malissa has a BA and AA from Purdue University and is SNS credentialed, a member of SNA and ACDA, and is active in all school nutrition USDA efforts.

Chef Robert Rusan is literally a school lunch hero, receiving the School Nutrition Association's School Nutrition Hero Award in 2015 for his work at Maplewood Richmond Heights School District. As the District Chef, Chef Robert championed the district's Farm to School program, partnering with local farmers to purchase fresh produce and select meats. He developed recipes that utilized farm-fresh products and ingredients from the school district's own on-campus gardens, and lead a student culinary apprenticeship program. Chef Robert now operates a catering and consulting business, where he supports school nutrition initiatives for organizations nationally, including Mushrooms in Schools.

We want to hear from you! You can drop us an email at SchoolMeals@MushroomCouncil.Org or follow us on our social media handles below.



We love recipes from school districts!

Mushrooms in Schools collects crave-worthy recipes in one place, so you can serve #RealSchoolFood with ease.

Mushroom Pizza

Reach Up Inc Headstart, MN
CACFP Meal Service Recipe!



“My mission is to increase vegetarian options in the cafeterias, make food more interesting thereby increasing overall health of the students and teachers in the district, and increase local food purchasing with local Texas mushrooms!”

-Jean Mosley,
Coppell Child Nutrition Programs

Roasted Mushroom, Broccoli, Tomatoes

Cincinnati Public Schools, OH

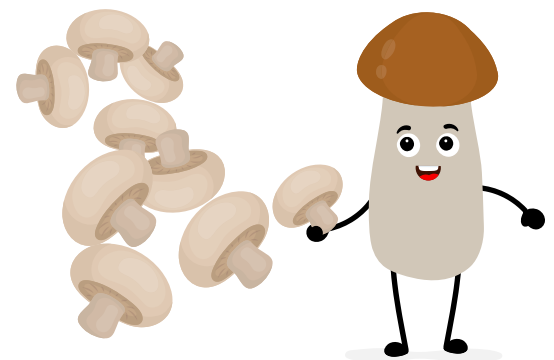


“Kids eat mushrooms and they do enjoy trying new items.”

-Jennifer Reiser,
Director of Food Service at Grove Area School District

Chef Salad Box

Everett Public Schools




Resources for the Classroom and Home

Mushrooms are an exciting, versatile ingredient to love. Help students and families explore the mighty mushrooms through our resources.

Classroom Education

Whether you are planning a Harvest of the Month or working with your school's science department, our classroom education curriculum has everything you need to teach kids about mushrooms. Access complete lessons and materials for PreSchool, K-2, and grades 3-5.



MUSHROOMS IN SCHOOLS

Lesson 1: How Do Mushrooms Grow?

What We'll Learn:

- What different types of mushrooms look like
- How mushrooms get from the farm to our tables
- The different ways mushrooms are good for our bodies and the planet



Farm to School Toolkit

Mushrooms are grown all over the United States. They are the perfect, locally grown food that's available year-round. Need Farm to School social media graphics? We've got them! Take home handouts? Stickers? We got that too! Our Farm to School toolkit has everything you need to promote fresh, local mushrooms to students and families.



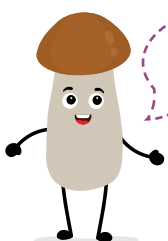
Tasty mushrooms from the farm to your plate!

Mushrooms can be grown pretty much anywhere, anytime! They taste great in all kinds of foods, including pizza, burgers, and breakfast too. Give our mushrooms a try!



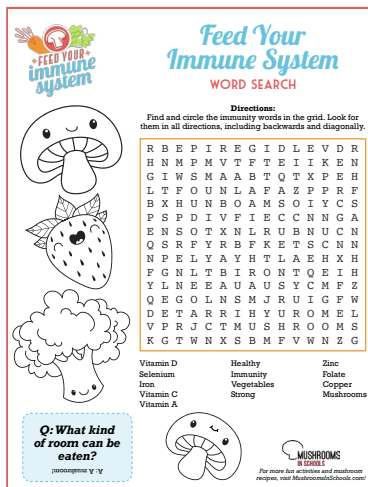
Feed Your Immune System

Nutrition plays an important role in immune system function, and our resources help you serve nutrient-dense menus. To bring the message home, share our Immunity Word Search, or direct families to education and home recipes that support healthy immune systems!



Did you know...

Mushrooms produce Vitamin D when exposed to Ultraviolet light, but they don't need light to grow.



Feed Your Immune System

WORD SEARCH

Directions:
Find and circle the immunity words in the grid. Look for them in all directions, including backwards and diagonally.

R	B	E	P	I	R	E	G	I	D	L	E	V	D	R
H	N	M	P	M	V	T	F	T	E	I	I	K	E	N
G	I	W	S	M	A	A	B	T	Q	T	X	P	E	H
L	T	F	O	U	N	L	A	F	A	Z	P	P	H	F
B	X	H	U	N	B	O	A	M	S	O	I	C	S	
P	S	P	D	I	V	F	I	E	C	C	N	N	G	A
E	N	S	O	T	X	N	L	R	U	B	U	C	N	
Q	S	R	F	Y	R	B	F	K	E	T	S	C	N	
N	P	E	L	Y	A	Y	H	T	L	A	E	H	X	H
F	G	N	L	T	B	I	R	O	N	T	O	E	I	H
Y	L	N	E	A	U	A	U	S	Y	C	M	F	Z	
O	B	E	O	L	N	S	M	J	R	U	I	G	T	W
D	E	T	A	R	R	I	H	Y	U	R	O	N	E	L
V	P	R	J	C	T	M	U	S	H	R	O	M	S	
K	G	T	W	N	X	S	B	M	F	V	W	N	Z	G

Vitamin D
Selenium
Iron
Vitamin C
Vitamin A

Healthy Immunity
Vegetables
Strong

Zinc
Folate
Copper
Mushrooms

Q: What kind of room can be eaten?

MUSHROOMS IN SCHOOLS
For more fun activities and mushroom recipes, visit MushroomsInSchools.com/



We Love Mushrooms!!!



MushroomsInSchools.com

Share your finished sheet by tagging us on Facebook and Twitter!



@MushroomsInSchools



@MushroomsK12


Click to
Download!

Marketing Your School Nutrition Program

We have the tools you need to amp up participation and satisfaction.



How Mushrooms are Grown

Grown indoors on a year round cycle, mushrooms always pack a nutritious punch into your favorite meals. Before making their way to your plate, mushrooms go through a growing process in a highly controlled environment unlike that of any other produce. Get a behind-the-scenes look into the journey of the incredible fungi.

Raw Materials

The substrate provides a nutritional balance of organic material to serve as a growth medium for mushrooms.

Spawning

Mushroom spawn, purchased from commercial labs, is mixed with the substrate.

Bedding

The mushroom spawn mixture is transferred to several hundred beds or trays.

Casing & Pinning

Casing, made of peat moss, is spread over the mushroom bed serving as a reservoir to hold in moisture. During the pinning stage, "pins" of mushrooms push up through the casing.

Harvesting

Mushrooms are harvested by hand throughout a 16-35 day cycle.

Posters and Print Signage:

Beautify your cafeteria with educational signage from Mushrooms in Schools.

Student Stickers:

Trying new foods is much more fun when you have a reward like our cute mushroom sticker!

Printable Food Packaging Labels:

Do you have a school recipe that utilizes fresh mushrooms as an ingredient? Contact us and we'll swap you for a label maker with mushroom-inspired food labels!

Social Media Graphics:

Our turnkey digital materials will make posting on a Facebook and other social channels simple and rewarding.



Get Social!

Myth
You should never wash mushrooms.

Fact
Mushrooms can be cleaned with a wet paper cloth or brush. It's okay to quickly rinse with cool water - just make sure to dry them off prior to cooking!

Today's Special

Download all of these marketing materials (and more!) [here.](#)



Fun Fact:

The pounds of mushrooms served in school meals grew from 44,863 lbs in School Year 2012-13 to 119,449 lbs in School Year 2019-20.



Everything You Need for Putting Mushrooms on the Menu!

Not sure how to introduce mushrooms to your students? Looking for menu inspiration? Want to understand the best types of mushrooms for serving in meals? We have your answers, plus more!

Visit Our Blog

Stay-up to date and learn about trending topics in school foodservice and mushrooms through our blog. In addition to educational content, we love featuring inspirational success stories from school districts across the country.



SCHOOLS

Coppell ISD Finds School Success with Build Your Own Ramen Bars!



SCHOOLS

Five Amazing Mushroom Facts for Kids and Educators



Selecting, Cleaning, and Storing Mushrooms for School Meals

Search Our Recipe Database

Our recipes are 100% #RealSchoolFood certified and we even do the nutrient analysis for you. Try a classic favorite like the Mushroom Cheddar Omelet, or try something adventurous like Hungarian Mushroom Soup.



Marinated Mushroom Salad
Portland Public Schools, OR



Broccoli Mushroom Cheddar Hand Pie
Santa Clara USD



Korean Bulgogi Rice Bowl
Roseville Schools, MN

Fun Fact: Mushrooms are grown in all 50 States!



Mushrooms: Healthy on the Plate, Gentle on the Planet

Mushrooms require a small amount of land.



Mushrooms use limited electricity to grow.



1 KILOWATT HOUR OF ELECTRICITY



PRODUCE 1 LB OF MUSHROOMS

Mushroom growers recycle.



Mushrooms grow in various materials and can be composted and repurposed for other uses.



CORN COBS



COCOA HULLS



OATS

ALL OF THESE GET USED FOR MUSHROOM COMPOST!



Handling and Storage

Keep your mushrooms fresh longer with our handling and storage tips.



Mushroom Useability



Salad Bar Ready
1-5 days



Sautee or Blend
6-10 days



Toss
Longer than 10 days

Mushroom Storage and Handling

Temperature Refrigerate immediately between 34-38°F (0°C).

Moisture Do not sprinkle mushrooms with water as this will cause mushrooms to darken, mildew or deteriorate.

Handling Store in original container. Do not stack other produce items on top of mushrooms as they bruise easily.

Shelf Life 10 days, under optimum conditions.

Preparation Rinse mushrooms quickly in cool water - do not soak! Do not rinse until ready to use.



Kitchen Tips:

Mushrooms are not fans of moisture or strong odors, so do not place your mushrooms in the crisper or near fragrant foods like onions or garlic.

Clean mushrooms with a wet towel cloth or towel. Commercial mushrooms are grown indoors and likely free of soil or debris.

Store mushrooms in your refrigerator in their original packaging or a porous bag.

Find recipes, resources and inspiration at MushroomsInSchools.com!

Looking for samples or support with mushroom promotions in your district? We can help!

Contact us at SchoolMeals@mushroomcouncil.org

 Click to Download!

Find fresh mushrooms in all 50 states.

You can source fresh mushrooms from many produce suppliers.



Wholesale Distributors

Distributors are the link to virtually every institutional foodservice operation in the country. Request local food products (mushrooms!) and the names of the farms they purchase from.

Here's a pro tip from Malissa: Outsource your prep! Did you know that many suppliers sell pails of pre-sliced mushrooms that are perfect for pizza toppings, salad bars, gravies... basically, everything? Be sure to ask your distributor about value added mushrooms.

DoD Fresh Fruit and Vegetable Program

Fresh mushrooms are available in the USDA Foods entitlement dollars to buy fresh produce. The program is operated by the Defense Logistics Agency (DLA) at the Department of Defense. Check with your State agency about purchasing fresh mushrooms.

Direct Purchasing

Research mushroom farms in your region and set up a meeting with the farmers directly. Since mushrooms are grown year round supply is consistent. Meet with a local farmer to determine the best way to purchase and deliver mushrooms direct from the farm.

Contract Growing

If you plan on purchasing large amounts of produce for your district you can potentially develop a contract growing partnership. Foodservice staff can meet with a local farmer and agree upon a price and a given amount of produce for the year. This could potentially save you money but requires discussion and planning between staff and farmers with both parties assuming a bit of risk.

CSA (Community Supported Agriculture)

CSA subscribers receive weekly shares of a farmer's harvest, after paying farmers up front for operating costs. As a subscriber, a school can be a part of a farm harvest which is an opportunity for classroom education. CSA's are a good alternative for smaller schools that can work with a rotating array of farm products. CSA shares can also supplement produce for harvest dinners and classroom taste testing. Many farms offer summer, fall and winter CSA shares and work with schools on the payment. Parents and businesses also can donate CSA shares to schools.

Marketing Cooperative

Some farmers work together to share in the distribution, marketing, processing, selling or billing of their products. The benefit of buying from a cooperative like this is that it is easier for farmers to get enough variety and quantity of product to your kitchen and it is easier than coordinating with multiple farmers.

Find more sourcing and procurement resources on our webpage.



Take your culinary training up a notch

and try our Layers of Flavor Culinary Training with Chef Robert.



Episode 2
**Sourcing, Selecting, Cleaning
& Storing Fresh Mushrooms**

More videos

The full course is approved by the School Nutrition Association for 1 CEU.

Our 1 hour course consists of 10 modules featuring engaging videos and accompanying downloads and resources, and is perfect for cooks, managers, and anyone wanting to learn how to serve more mushrooms in meals!

[Visit the training webpage](#) 

to view all 10 videos and to download an overview of the course, self-study quiz, CEU certificate, and recipes mentioned in the course



Thank you for connecting with Mushrooms In Schools!

Do you have a recipe or resource to share? We'd love to highlight your school foodservice program for other districts... and reward you in return! We'll give your district a **FREE Dymo Label Maker** and 2,000 Labels* to use in your to-go program when you provide us with a great mushroom recipe and your best photo to go with it!



Tag us on **Facebook** or **Twitter** or email us your student favorite recipes at **SchoolMeals@mushroomcouncil.org**.

Have an amazing 2022-23 School Year!

MushroomsInSchools.com

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**While supplies last*