

**mushroom
monday**

Toolkit

FOR K12 SCHOOLS

Meet Taco Tuesday's Next-Door Neighbor: Mushroom Monday

What's that you ask? Mushroom Monday is a day each week when we can all gather around the plate to enjoy one of the most delicious, nutritious and Earth-friendly foods: the fresh mushroom. No matter your school's capabilities, no matter your students' tastes, Mushroom Monday is for you and your district!



Brought to You by The Mushroom Council

MUSHROOM MONDAY | mushroomcouncil.org/school-nutrition/marketing-support/mushroom-monday



Welcome to Mushroom Monday!

First off, thank you for your commitment to providing the next generation with nutritious and sustainable meals. We are excited to partner with you to promote the versatile and delicious world of mushrooms!

This toolkit includes a range of resources and support to help you incorporate mushrooms into your menus seamlessly. Here's what you'll find inside:

Recipe Ideas and Inspiration, including a variety of creative and easy-to-implement mushroom recipes that cater to diverse tastes and dietary preferences. From a new take on an old classic, the Sloppy Joe, to trendy Ramen Bowls, the possibilities are endless.

Educational Materials. In addition to educating your students, we understand the importance of informing both your staff and school community about the deliciousness, nutritional benefits, and sustainability of mushrooms. Therefore, we have supplied you with a mushroom cheat sheet highlighting the health advantages and eco-friendly nature of mushrooms, plus additional classroom resources to go even deeper. Feel empowered to educate and engage everyone involved in your meal program!

Promotional Support and Materials to help you generate excitement and participation, including resources you can tailor to your district. Whether through social media campaigns, signage, or special events, let's spread the word about Mushroom Monday and the delicious offerings awaiting students at your schools.

How Will You Celebrate Mushroom Monday?



Spore Start

Use the resources in this guide to introduce students to mushrooms for the first time—before making them a regular item on your menu.



Mushroom Momentum

Host Mushroom Monday as a monthly event! Feature a new recipe each time and invite students to vote on which ones should be added to your cycle menu.



Full Harvest

Make every Monday a Mushroom Monday! Whether you're aiming to be more plant-forward or simply want to serve more delicious mushroom-based meals, use our recipes and marketing materials to run this promotion weekly.

Let's dig in!

Here's how to start:

Step	What to Do	Tools to Help You Do it
1	Pick a recipe to feature on your menus.	Browse our suggestions on page 4 or explore our extensive K12 database ... or come up with one of your own!
2	Work with your produce distributor or broadliner to plan your delivery.	Use our tips and sourcing guide to select the right product and forecast accurately. Having trouble finding a mushroom supplier? Email us about your needs and we'll do our best to help!
3	Review the recipe prep with your teams so we can make sure those mushrooms truly shine!	Use our Handling Guide or go through our Culinary Training (approved for 1 CEU!).
4	Assemble any merchandising and marketing materials you'll use to promote the event.	Download or order the materials we suggest on page 5 of this guide.
5	Consider hosting an interactive activity in the cafeteria, such as an education table, free samples, or stickers for students who tried the dish.	Find resources and more ideas on page 7 of this guide.
6	Let teachers know about the event and invite them to conduct a hands-on mushroom exploration lesson with their students 1-2 weeks prior.	We offer a variety of free, easy-to-use nutrition education lessons for early childhood through Grade 12. Share this webpage with teachers!
7	Get ready to celebrate! Tell your community about the event, and invite members of the media.	Use our sample press release, social media posts, and flyers on page 5 to announce your Mushroom Monday event.
8	Plan your next Mushroom Monday recipe!	Continue to use the resources in this guide and on MushroomsInSchools.com to make every Monday a Mushroom Monday!





A PLACE ON YOUR MENU EVERY MONDAY TO

celebrate fresh mushrooms

Simple, flavorful, and versatile, mushrooms are popping up on more lunch (and breakfast!) trays every day.

From freshly sliced mushrooms on harvest bars, savory roasted mushrooms mixed into comfort food classics, or as an authentic ingredient in global cuisines... mushrooms are having a moment!

It's a year-round love affair with mushrooms. That's because mushrooms go with any season, whether it's a sizzling summer burger or a favorite winter stew. Whatever the time of year, there's a place on the menu each Monday to celebrate fresh mushrooms.

Now, you might be wondering, why mushrooms? Apart from their culinary versatility, mushrooms offer a plethora of benefits.



Nutritional Powerhouse

Mushrooms are packed with essential nutrients, such as vitamins, minerals, and antioxidants. Incorporating them into your menus can help students meet their dietary needs while enjoying flavorful and satisfying meals.



Sustainability Champions

Mushrooms require minimal resources to grow, making them an environmentally-friendly choice. By featuring mushrooms prominently in your menus, you're not only supporting sustainable food practices but also educating students about the importance of eco-conscious eating.



Appeal to Diverse Palettes

Mushrooms come in various shapes, sizes, and flavors, making them appealing to a wide range of tastes. Whether students prefer savory criminis, earthy portabellas, or delicate shiitakes, there's something delicious for everyone to enjoy.

Incorporating Mushroom Mondays into your menu is not just about serving delicious meals—it's about promoting health, sustainability, and culinary innovation. Together, we can inspire others to make mindful food choices that nourish both themselves and the planet.



Recipes



Our recipes offer flavorful inspiration for adding mushrooms to your menu. Here's a sampling of some of our favorites - find these plus more on our website!

Explore 80+ recipes on our [website](#)!



VEGETARIAN

**Mushroom
Bolognese**

GET RECIPE



BREAKFAST FOR
LUNCH

**Nature Explorers
Nutritious Egg Cake**
(CACFP Recipe) or
**Veggie Cheddar
Quiche**
(K12 Recipe)

GET RECIPE



HARVEST BAR
HERO

**Marinated
Mushroom Salad**

GET RECIPE



GREAT FOR
ELEMENTARY
STUDENTS

Ravioli Florentine

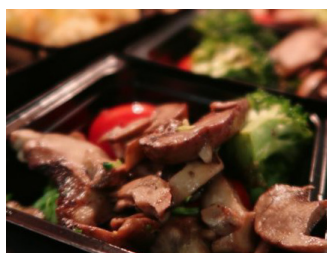
GET RECIPE



SLAM DUNK FOR
SECONDARY
STUDENTS

Chicken Ramen

GET RECIPE



EASY AND FAST

**Roasted Mushrooms,
Broccoli, and
Tomatoes**

GET RECIPE



BLENDED
MUSHROOMS
WITH PROTEIN

Sloppy Joe

GET RECIPE



CUSTOMIZABLE

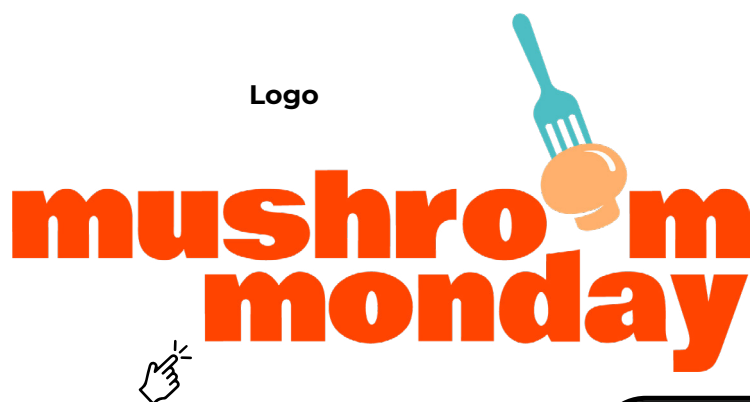
**Made-to-Order
Omelet Bar**

GET RECIPE

Merchandising & Marketing Materials

To download these materials, visit our Mushroom Monday [webpage](#).

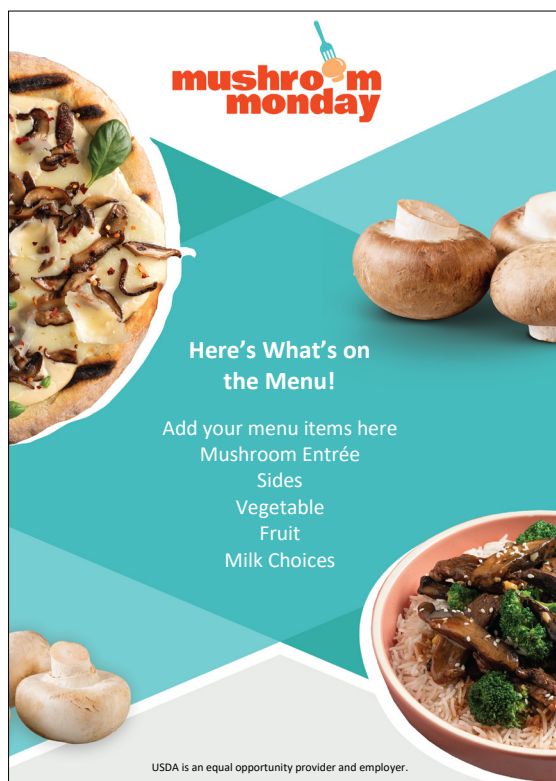
Logo



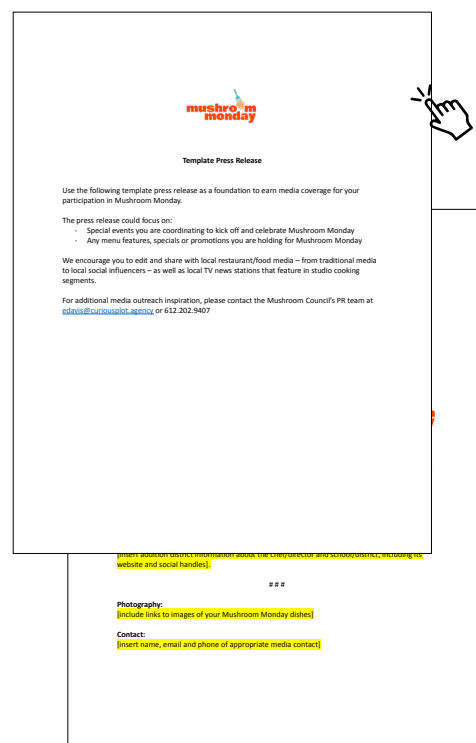
Icon for Menus



Template for POS Signs or Flyers



Press Release



Social Posts

Remember to use the hashtag #MushroomMonday and tag us! @MushroomsInSchools on Facebook and @MushroomsK12 on X/Twitter.

Handouts



Recipe Card

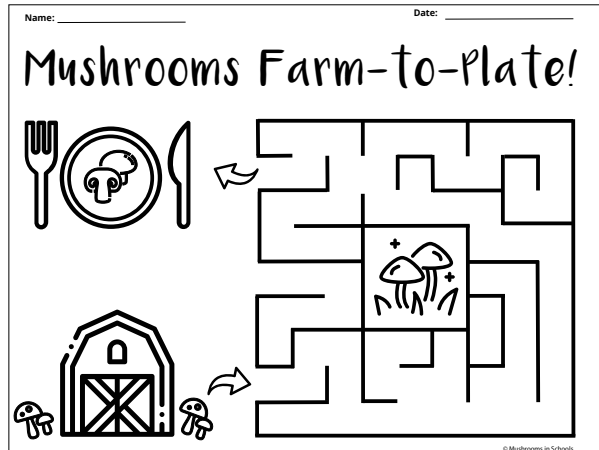


Single Recipe Card PDF for printing



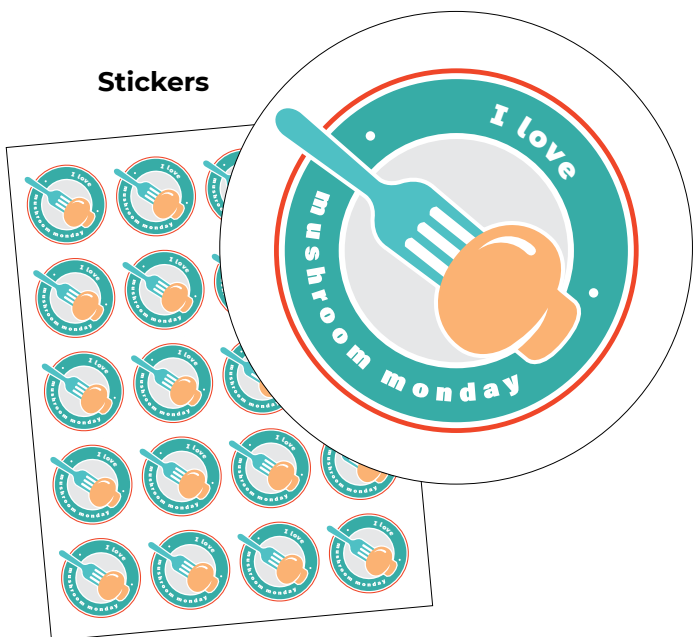
This recipe card corresponds with this foodservice version of this recipe.

Activity Sheets

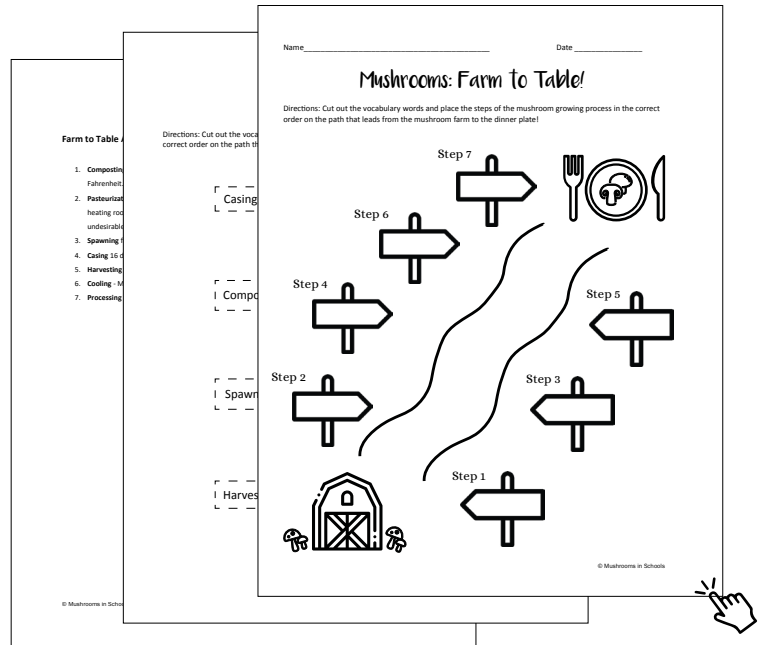


Farm to School Maze for younger kids

Stickers



Steps to Grow Mushrooms & Answer Key



This activity may be best accompanied by a short lesson about the growing process, which is available [here](#), under Middle School Lesson 2.

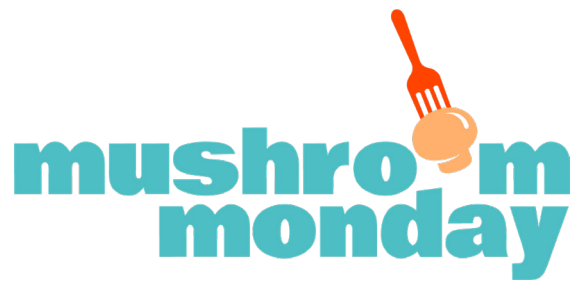
How to Host an Education Table

A great way to engage students and staff alike is to host an educational table in the cafe or school on Mushroom Monday. Below are some suggestions for how to create an engaging and informative table!

- Gather a **variety of fresh mushrooms** to display, including white button, crimini, shiitake, portabellas, oyster, and any exotics. [Find a full list here!](#)
- **Mushroom Grow Kit** (Preferably already started, or can be displayed in cafeteria or a classroom after the event - mushrooms should be ready to harvest in 2-3 weeks)
- **Handouts and Activity Sheets** (mentioned above)
- Tablet or laptop showing [mushroom growing time lapse video](#) (or allow students to read the “How Mushrooms Grow” webpage [here](#))
- **Recipe Card** (mentioned above)
- **Tasting Samples of Mushrooms** (Preferably of the featured menu item)
- **Mushroom Matching Game** (Download and print the cards [here](#))
 - » *Directions: Cut out cards. Lay cards out on the table face down in rows. Players take turns turning over two cards trying to find a mushroom match. A player goes until they don't have a match and then the next player takes a turn. The game is complete when all matches have been made.*
 - » *Optional: Offer prizes to students who completed the most matches, or to all who participated.*

Extra Credit! Invite a local mushroom grower or handler to your event!

Start by asking your current mushroom supplier, or searching the internet for mushroom growers in your area. Consider organizing a field trip for your foodservice staff or a group of students to visit the mushroom farm. Be sure to take photos - you'll be amazed at what you'll learn about the mushroom growing process!



Share Your Mushroom Monday Plans with Us!

Tag us in your social media posts and plans for Mushroom Monday and we'll reshare them, and include you in our newsletters to fellow child nutrition professionals, too!

Share your plans and recaps of your events (photos are welcomed, too!) at SchoolMeals@mushroomcouncil.org

Or tag us on Facebook or X (Twitter):

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

