

# Dutchess Day School Lunch Program

recognized by

## Hudson Valley Magazine

### The Lunch Bunch

Throughout our region, schools are starting to heed the call to provide healthy lunches to our kids. Take the Dutchess Day School in Millbrook. From cucumber salad to couscous, students and faculty are now enjoying the fruits of their own culinary coup. Since November 2006, Laurie Wilson, a parent and Culinary Institute graduate, has designed and implemented DDS's lunch program with one imperative: preparing healthy and delicious food that children will like. Wilson utilizes many local purveyors in her creative cuisine, such as Elk Ravine Farm in Amenia and Hahn Farm in Salt Point for eggs and some meats; Hudson Valley Fresh for dairy; and Adams Fairacre Farms for bread, cheese, and vegetables. Choice offerings include a daily salad bar, brown rice and whole-grain pastas and breads, hormone- and antibiotic-free milk,



and home-cooked meals that use seasonal fruits and veggies. Students in the DDS community are not permitted to bring lunch from home, but instead eat family style and participate in food service and cleanup. All disposable materials used are compostable, and Wilson works with teachers to create meals that reflect classroom learning — all in all, a grade-A lunch program.  
845-677-5014; [www.dutchessday.org](http://www.dutchessday.org)

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