

Around the World in 80 Trays

Inclusive School Meals with Global Foods

What is Around the World in 80 Trays?

Around the World in 80 Trays is a state-wide event with the purpose of increasing global flavors in USDA School Meals Programs! The DPI School Nutrition Team would like to acknowledge that food can do more than just nourish the body, but it can offer an invitation to explore the diverse cultures of Wisconsin students.

North Africa

- Staple foods include corn, rice, t'ef (teff), and khubz.
- The ancient cuisine is packed full of colorful spices, flavors, and is traditionally cooked in earthenware pots.



Peru

- Peruvian food is heavily influenced by Chinese, Japanese, and South East Asian cultures
- Ceviche is a common dish made with raw fish such as corvina or cebo, onions, and chili peppers.



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Vietnam

- Vietnamese foods are made from fresh ingredients and require minimal cooking.
- The national dish is pho, a soup consisting of bone broth, rice noodles, thinly sliced meat, and spices.



Afghanistan

- Staple foods include bread, rice, and vegetables and renowned for their use of fried fruit and nuts.
- Qabili Palau is a famous rice dish, carrots, raisins, and lamb.

Norway

- Norwegians typically eat four times a day: breakfast, lunch, dinner, and supper.
- A popular dish is Farikal a mutton and cabbage stew.



Sonoran Desert

- Cultivated crops include beans, squash, corn sunflower seeds, wild greens, and mesquite pods.
- The desert also produces berries and sweet fruit from cacti.

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Menominee Indian Tribe of Wisconsin

- Wisconsin has 12 Native American Nations; the Menominee Nation is one of the largest.
- Known for wild rice and sustainability practices.



Cuba

- Cuba is known for their seafood and plantains.
- Ropa vieja is a famous stew with shredded beef, tomato sauce, onions, and peppers.

South Korea

- Fermented foods are central to Korean cuisine.
- A common dish is bibimbap which is a combination of rice, vegetables, meat, and fermented sauce.



Philippines

- Filipino cuisine developed throughout the archipelago based on a variety of tribes.
- Adobo is one of the most popular foods that consists of chicken simmered in vinegar, garlic, and peppercorn, soy sauce and bay leaves.



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Nigeria

- Fresh ingredients and spicy flavors are fundamental aspects of Nigerian food.
- Common foods include cassava, yams, plantains, bans, and root vegetables.



Mexico

- Heavily influenced by Mayan, Aztec, and Spanish.
- Common crops include corn, beans, and chilies and spices such as cilantro, cumin, and thyme.

Somali

- Known for their strong pasta culture due to Italian colonization.
- Bariis Iskukaris is common dish with meat, rice, and vegetables, served with a banana on the side.



Germany

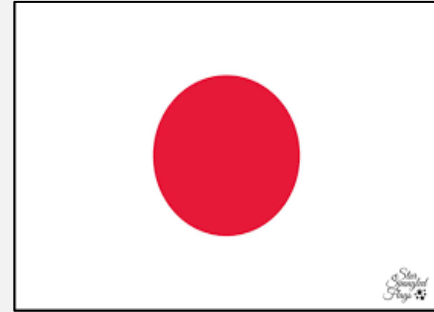
- Most recipes focus on bread, potatoes, and meat such as pork.
- Sauerbraten a rump roast served with potato dumplings is a popular dish.

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Japan

- Utilize local, fresh ingredients and cooking techniques to bring out the natural flavors.
- Tempura is a popular dish that contains seafood and vegetables coated with a light batter.



Ukraine

- Ukrainian dishes are typically boiled, stewed, or baked.
- One of the most famous traditional Ukrainian foods is borscht, a soup made with meat stock and vegetables.

Greece

- Heavy Turkish influence since Greece was part of the Ottoman Empire.
- One of the most famous dishes is Moussaka, consisting of minced meat, potatoes, and fired aubergine.



India

- Known as the spice capital of the world.
- Masala dosa is a famous dish made from rice, lentils,
- Urad & Chana dal, fenugreek, puffed rice, Tool dal, and dry red chili.