

BERKELEY UNIFIED SCHOOL DISTRICT

Middle School

MENU



2016-2017

BUSD Nutrition Services 2016-2017 MENU

BUSD Nutrition Services 1720 Oregon Street, Berkeley, CA 94703 Office: 510-644-6200

MEAL PRICES

BREAKFAST

Adult.....	\$3.25
Elementary.....	FREE
Middle School.....	FREE
High School.....	FREE
Reduced Price.....	FREE

Breakfasts include an entrée, fresh fruit or juice, and 1% or nonfat milk.

LUNCH

Adult (Elementary).....	\$5.25
Adult (High School).....	\$5.25
Elementary.....	\$3.50
Middle School.....	\$4.00
High School.....	\$4.25
Reduced Price.....	FREE

Lunches include an entrée, fresh fruits and vegetables, grain, and 1% or non-fat milk.

VISION STATEMENT

Our vision is to teach every child to seek, grow, prepare and eat nourishing, delicious and sustainably grown food: empowering them to make choices that have a positive influence on their personal health, family, community and surrounding environment.

Families may apply to receive free or reduced-price meals for students at any time...

To apply, go to **ezmealapp.com**. Households may complete and submit a family application at any time during the school year. If you have questions, please contact BUSD Nutrition Services.

For more information regarding nutrition services, please go to our web site at **www.berkeleyschools.net** and click the link to "Nutrition Services" on the "Departments" page. You may also email us directly at **nutritionservices@berkeley.net**.

About Your Child's Cafeteria Meal Account

- All students have a personal debit account (not a credit account – please remember to deposit money for meals regularly).
- Students access their account using a card with a personal ID #.
- Send in any dollar amount to be credited to your child's personal meal account. Money deposited to your child's account will follow them from year to year and from school to school.
- Please make checks payable to: Berkeley Unified School District
- Write your child's first and last name on the check to be certain the money is deposited into the correct student's account.
- Purchasing meals in advance eliminates the need for your child to remember to bring money to school daily.
- When students bring a lunch from home, they may use their account to purchase milk.



Tips for keeping track of your child's meal account

- Mark your calendar when you send money for your child's account and how much you send.
- Because meals need to be paid for at the time of service, paying the entire month in advance is recommended for easy tracking.
- Contact the cafeteria as needed to check on your child's balance before it gets low.

BERKELEY UNIFIED SCHOOL DISTRICT'S

RESPONSIBILITIES

The Board of Education recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

The Board also recognizes the school's role, as part of the larger community, to promote family health, sustainable agriculture and environmental restoration.

The Board of Education recognizes that the sharing of food is a fundamental experience for all peoples; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and intergenerational bonds.

MISSION

Part of the educational mission of BUSD is to improve the health of the entire community by teaching students to establish and maintain life-long healthy eating and physical activity habits.

The mission shall be accomplished through nutrition education, physical education, garden experiences, the food served in schools, environmental restoration and core academic content in the classroom.



Food Policy

Dear Parents and Caregivers

Welcome back to another school year! We continue to make positive changes to school meals and want to encourage your children to participate in the school breakfast and lunch programs. One of the most important things you can do for your child's education and well-being is to ensure that they are well-fed, both at home and in school. Allowing and encouraging your children to eat school breakfast and school lunch supports their health and academic abilities, while allowing us to create a financially viable meal program with greater variety of the healthy and tasty foods your children love.

The health and well-being of all of Berkeley's students is our first priority. Our Nutrition Services Department works hard all year to provide students with delicious and nutritious food through Universal Breakfast, Buffet Style Service at lunch and Salad Bars with farm fresh produce. To ensure the highest quality meals for our students, we have:

- Eliminated all processed food, hydrogenated and partially hydrogenated oils, high fructose corn syrup, refined sugar, refined flour, chemicals, dyes, additives, nitrites, nitrates and the like;
- Enhanced the meals by serving regional organic milk at lunch and hormone/antibiotic free milk at breakfast, whole grains in all of our baked products, local and/or organic fruits and vegetables as much as possible and natural grass-fed hamburgers and hot dogs; and
- Increased servings of fruit and vegetables, and reduced both sodium content and portions of protein served, to meet new and higher standards recently set by the USDA.

We are able to achieve these high standards because we cook our own fresh whole foods every day. The food that we don't make is made by local companies to our specification. We also provide on-going professional development for all of the staff and work with our entire team to guarantee safe, delicious, healthy food at every meal.

Along with your child's well-being we are also striving to help take care of the planet. Several schools have been able to switch from disposable plates and service-ware to washable/reusable plates and service ware. Additionally, we are working with every school to compost and recycle, and school gardens promote the value of growing, harvesting, and eating fresh produce. These valuable lessons, along with healthy, delicious, and smart eating, are essential to the mission of the Nutrition Services Department.

We have again created a year-long calendar so that you know what we are serving every day. The calendar lists the elementary and middle school breakfast and lunch menus for the entire year. We have also included recipes for healthful eating that are served in our school cafeterias. Enjoy cooking these at home with your family!

We hope you will join us in helping your children make healthy food choices in school and at home. Together we can help raise a new generation of healthier and better educated young people.

Marni Posey, Director of Nutrition Services

marniposey@berkeley.net

Bonnie Christensen, Executive Chef, Nutrition Services

bonniechristensen@berkeley.net

BUSD's Department of Nutrition Services is required to comply with all USDA standards for school meals. Some of the new standards include:

- Double the amount of fruit served at breakfast.
- Lower sodium rates with greater calorie restrictions.
- Reduce protein portions in favor of increasing whole grains servings, fruits, and vegetables.

Find us online at:

www.berkeleyschools.net/departments/nutrition-services/

Suggestions for *Healthy Food Choices* in Snacks

In light of the fact that childhood obesity and nutritional deficiency-related diseases are on the rise in the United States, we in the Berkeley community are obligated to promote and mentor healthy eating habits and balanced lifestyles through student education. Part of the Berkeley Unified School District (BUSD) Mission stated in the Integrated Policy for Nutrition Education, Physical Activity and Food includes improving the well-being of the entire community through teaching students ways to establish and maintain lifelong health through better eating habits and physical activity.

In keeping with this goal, the Policy adopted the stipulation that foods offered to students and BUSD employees during the day as snacks, incentives, or refreshments in school offices and on school grounds be as healthful and nutritious as possible. Teachers, administrators and parents who model healthy behavior increase the likelihood of having a positive influence on student behavior.

Recommended Beverages, Fresh Fruits, Vegetables and Snacks

Whenever possible, choose fruits, vegetables and beverages and snacks that are organically grown and are pesticide-, hormone-, and antibiotic-free.

Try the following healthy options:

- Water and sparkling waters
- Herbal teas (hot and iced)
- Pure 100 percent fruit juice and fruit juice blends
- Sparkling 100 percent fruit juice and fruit juice blends
- Blends of 100 percent juice and sparkling water
- Natural fruit-flavored waters
- Whole and freshly cut fresh fruit, local and seasonal
- Raisins and dried fruit
- Fresh vegetables served with low-fat salad dressing
- Ants on a Log - celery with peanut butter and raisins
- Yogurt parfaits made with fresh fruit
- Fresh fruit salad
- Fruit juice smoothies
- Any fruit or vegetable served as crudités
- Trail mixes (without roasted nuts)
- Fruit concentrate- and honey-sweetened yogurt with some granolas
- Real cheese and whole grain crackers
- Baked chips and salsa, guacamole, or bean dips
- Select granola, protein, or energy bars
- Select snack or nut bars (not roasted)
- Air-popped popcorn
- Raw nuts
- Compressed rice and grain cakes

Summer FUN with FRUIT

- Freeze seedless grapes for an easy summertime snack
- Fruit kabobs made with grapes, melon and strawberries are a fun easy snack; non-fat yogurt mixed with honey or vanilla makes a great dip
- Freeze 100% fruit juice with grapes or berries in ice cube trays, serve in sparkling water for a healthy fun summer beverage

Wellness Policy

To help ensure the wellness of each student attending Berkeley Unified School District and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service the Board subscribes to the following:

1. The Governing Board will ensure that no student in the Berkeley Unified School District (BUSD) goes hungry while in school.
2. The Board will ensure that an economically sustainable meal program that provides a healthy nutritious lunch is available to every student at every school so that students are prepared to learn to their fullest potential. The district will also ensure that every student will have access to a healthy and nutritious breakfast and require that all after school programs offer a healthy nutritious snack.
3. The Board will ensure that the nutritional value of the food served by BUSD and after school programs significantly improves upon USDA and State Dietary Guidelines by providing nutritious, fresh, tasty, locally-grown food that reflects Berkeley's cultural diversity. The Board of Education encourages staff to utilize food from school gardens and local farmers based upon availability and acceptability.
4. The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.
5. The Board supports sustainable organic agriculture. Therefore the Nutrition Services Director shall develop and implement a plan to integrate organic food, as defined by the USDA National Organic Program, into the meals served to our students by the BUSD. The plan shall seek to eliminate potentially harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, and known genetically modified foods.
6. Meals served to students shall be attractively presented in a pleasant environment with sufficient time for eating. It shall be the responsibility of the school staff to foster good manners and respect for fellow students.
7. Students at the K-8 level will not be involved in the sale of candy, sodas, cookies and sweets at any school sponsored event or for any fundraising activity.
8. Bake Sales and/or Ice Cream Socials may be held at the K-8 level with the permission of the school principal, in moderation and with consideration and consistency of the goals of this policy.
9. Foods offered to students and employees of BUSD during the day as a snack, an incentive, or in school offices, whether provided by parents or BUSD staff, shall be consistent with the goals of the policy.
10. The Board recognizes that class parties are a tradition in public education. However, parents and staff are encouraged to provide party snack items that are consistent with the goals of the policy and held after the lunch hour whenever possible.
11. The Board will ensure that teachers, principals, and Nutrition Services employees recognize that the lunch period is an integral part of the educational program of BUSD and work to implement the goals of this policy.
12. The Board shall ensure that eating experiences, gardens, and nutrition education are integrated into the core academic curriculum at all grade levels.
13. Each school shall post the district's policies and regulations on nutrition and physical activity on their web page, in public view within all school cafeterias or in other central eating areas.
14. The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures shall include but not be limited to the analysis of the nutritional content of meals served, student participation rates in school meal programs — any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

Copies of BUSD Wellness Policy are available upon request.

Aug

DAY	SATURDAY
	6
	13
	20
	27
28	
29 STAFF DEVELOPMENT DAY	
30 Soft Tacos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	
31 Meatball/Veggie Marinara Sub w/ Cheese / Lemon Chicken/ Veggie Salad on Toasted Sub, Lettuce, Celery Sticks & House Ranch Dressing	



HONEY ROASTED *Eggplant* WITH CHILES

Ingredients

- 4 Japanese Eggplant, split lengthwise
- 4 Serrano Chilies, halved lengthwise (remove the seeds for less heat)
- 1/4 cup honey
- 2 tablespoons extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 1/4 cup Sour Cream

Method

- 1 Preheat oven to 425 degrees.
- 2 Place eggplant in a large bowl with chilies, honey, oil, salt and pepper. Toss eggplants until lightly coated with oil and honey.
- 3 On a parchment lined baking/cookie sheet, roast eggplants (skin sides up) and chilies until eggplant is golden brown, about 20 minutes. Turn over, and roast until eggplant softens, about 10 minutes. Season with salt and pepper.
- 4 Serve with sour cream.

Yield: 4-6



September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Chicken/Veggie, Lettuce & Tomato Wrap / Pasta Marinara with Cheese	2 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	3
4	5 HOLIDAY LABOR DAY	6 Hamburger/Veg Patty - Cole Slaw / Pizza - Pepperoni or Cheese	7 Burrito - Arugula Salad, Salsa / Sliced Turkey/Tofu - Sub, Lettuce, Roasted Beets, Creamy Herb Dressing	8 Buffalo Chicken or Veggie Wrap / Cheddar, Chicken & Chorizo Pasta/ Cheddar, Veggie (seitan) Pasta	9 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	10
11	12 Crispy Tacos - Beans, Rice & Toppings / Pizza - Pepperoni or Cheese	13 Hot Dog/Veggie Dog - Baked Beans / Meat Loaf/Veggie Loaf - Tomato Sauce, Peas and Carrots, Bread Styx	14 Warm Florentine Wrap - Chicken/Veg, Spinach & Potato / Mac and Cheese, Fresh Veg	15 Greek Style Wrap - Chicken/Veggie / Bbq Chicken or Tofu, Vital Vittles Roll	16 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	17
18	19 Pizza - Pepperoni or Cheese / French Toast - Roasted Potatoes, Fresh Fruit Compote	20 Pulled Bbq Pork/ Veg Patty - WW Bun, Cucumber Salad / Sliced Turkey/Tofu - Sub, Lettuce, Roasted Beets, Creamy Herb Dressing	21 Chicken/Veggie, Lettuce & Tomato Wrap / Mac n' Greens - Chicken or Veggie, Dinner Roll	22 Quesadilla - Corn w/ Tomato Lime Sauce, Salsa / Tandoori Style Chicken or Tofu, Curried Couscous	23 Nachos - Beans & Rice, Salsa / Pizza - Chicken Pesto or Veggie Pesto	24
25	26 Fajitas - Chicken/ Veggie, Roasted Vegetables, Salsa / Pizza - Pepperoni or Cheese	27 Hot Dog/Veggie Dog - Baked Beans / Shepherd's Pie - Beef or Veggie, Vital Vittles Roll	28 Curried Chicken/ Veggie Wrap - Potatoes, Cilantro Chutney / Pasta Marinara with Cheese, Garlic Bread Styx	29 Burrito - Arugula Salad, Salsa / Orange Miso Chicken or Tofu, Tabouleh	30 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	

*** Salad Bar, 1% and Non-Fat Milk, and Fresh Fruit offered daily ***

APPLE, GRAPE & SAVOY CABBAGE SALAD

Ingredients

- 1 small Savoy Cabbage (the wrinkly one)
- 1/3 cup Grapes (preferably To-kay variety)
- 2 Tbsp Cider Vinegar
- 1 Tbsp Lemon Juice
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 cup Olive Oil
- 2 Tbsp Plain Yogurt
- 2 Apples (crisp variety such as Sierra Beauty, Granny Smith or Fuji)

Method

- 1 Tear off tough outer leaves of the cabbage. Cut cabbage in half and cut out the core. Slice the halves crosswise into fine strips. Cut the grapes in half lengthwise.
- 2 To prepare the dressing, mix the vinegar with the lemon juice, half of the salt, and pepper.
- 3 Whisk, in the olive oil followed by the yogurt.
- 4 Wash quarter, peel, and core the apples. Slice the quarters lengthwise fairly thin and cut these slices lengthwise into julienne (thin strips). toss the cabbage, apples and grapes with the dressing.
- 5 Let the salad sit for 5 minutes before serving.

Yield: 6 servings



October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Taco Salad - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	4 Hamburger/Veg Patty - Cole Slaw / Egg Rolls - Chicken or Veggie Fried Rice Soy Sauce	5 Apricot Drums - Spiced Black Beans, Grilled Flatbread / Garlic Chicken/Veggie Pasta, Dinner Roll	6 Pork Barbacoa/Veggie Burrito, Salsa / Oven Fried Chicken or Tofu, Mashed Potatoes, Vital Vittles Roll	7 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	8
9	10 STAFF DEVELOPMENT DAY	11 Hot Dog/Veggie Dog - Baked Beans / Enchilada - Three Bean Salad, Salsa	12 Caesar Wrap - Chicken or Veggie / Stir Fry Chicken/Edamame & Veg Lo Mein Soy Sauce	13 Burrito - Arugula Salad, Salsa / Bbq Chicken or Tofu, Garlic Bread Styx	14 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	15
16	17 Crispy Tacos - Beans, Rice & Toppings / Pizza - Pepperoni or Cheese	18 Hamburger/Veg Patty - Cole Slaw / Baja Tacos - Catfish or Veggie, Citrus Slaw and Steamed Rice, Salsa	19 Warm Florentine Wrap - Chicken/Veg, Spinach & Potato / Mac and Cheese, Fresh Veg	20 Greek Style Wrap - Chicken/Veggie / Sliced Turkey/Tofu - Sub, Lettuce, Roasted Beets, Creamy Herb Dressing	21 Nachos - Beans & Rice, Salsa / Pizza - Chicken Pesto or Veggie Pesto	22
23 30	24 Soft Tacos - Beans & Rice / Pizza - Taco Salad - Beans & Rice / Pizza - Pep or Cheese 31	25 Hamburger/Veg Patty - Cole Slaw / Buckwheat Pancakes - Fruit Compote, Chicken/Veggie Hash	26 Caesar Wrap - Chicken or Veggie / Chicken/Veggie Pasta Cacciatore, Garlic Bread Styx	27 Quesadilla - Corn w/ Tomato Lime Sauce, Salsa / Roast Chicken/Tofu w/ Garlic Bread Crumbs, Bulgur Salad	28 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	29

* * * Salad Bar, 1% and Non-Fat Milk, and Fresh Fruit offered daily * * *



Squash LATKES

Kathy Russell, LeConte Elementary School

Ingredients

4 cups Winter Squash, peeled and grated
(Butternut, Kabocha, Pumpkin, and Spaghetti
are all possible varieties)

1 Small Onion, peeled and grated

2 Eggs, lightly beaten

2 Tbsp Cornstarch

1 tsp Baking Soda

1/4 tsp Thyme

1/4 tsp Salt

1/4 tsp Pepper

3 Tbsp Canola Oil

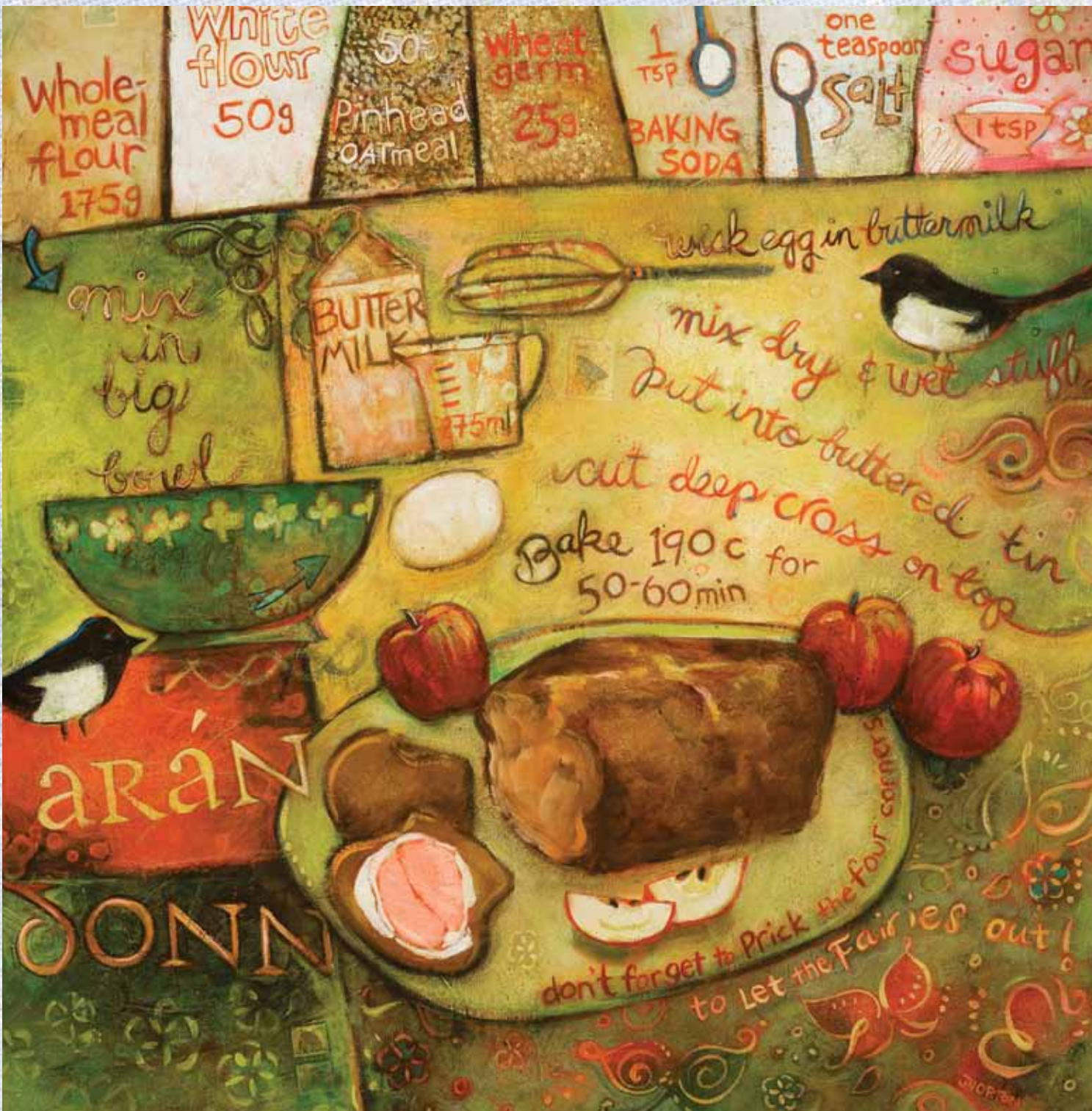
Method

- 1 Squeeze and drain squash and onions.
- 2 In a large bowl, make latke batter by mixing together squash, onions, eggs, cornstarch, baking soda, thyme, salt and pepper.
- 3 Use your hands to form batter into 3" patties.
- 4 In a large skillet, heat oil over medium heat. Fry patties on each side until golden brown and crispy.
- 5 Remove latkes from pan and place on a paper towel-lined plate to drain excess oil.
- 6 Repeat steps 3-5 until batter is used up.
- 7 Can be served with a tablespoon of apple-sauce, sourcream or yogurt per latke.

Yield: 8 Servings, 2 latkes per serving

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Hot Dog/Veggie Dog - Baked Beans / Egg Rolls - Chicken or Veggie Fried Rice Soy Sauce	2 Hot & Sour Drums - Kale w/Coconut Vinaigrette, Flatbread / Pasta Marinara with Cheese, Dinner Roll	3 Burrito - Arugula Salad, Salsa / Balsamic Glazed Chicken or Tofu, Garlic Herb Cous Cous	4 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	5
6	7 STAFF DEVELOPMENT DAY	8 Pizza - Pepperoni or Cheese / Hamburger/ Veg Patty - Cole Slaw	9 Pork Barbacoa/Veggie Burrito / Sloppy Joe/ Veggie (seitan) Joe - WW Bun	10 Beef/Bean Chili Wrap - Cheese, Green Onions / Mac n' Greens - Chicken or Veggie	11 HOLIDAY VETERAN'S DAY	12
13	14 Crispy Tacos - Beans, Rice & Toppings / Pizza - Pepperoni or Cheese	15 Hot Dog/Veggie Dog - Baked Beans / Lemon Chicken/Veggie Salad on Toasted Sub, Lettuce, Celery Sticks & Ranch Dressing	16 Caesar Wrap - Chicken or Veggie / Mac and Cheese, Fresh Veg	17 Curried Chicken/ Veggie Wrap - Potatoes, Cilantro Chutney / Bbq Chicken or Tofu, Cornbread	18 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	19
20	21 Soft Tacos - Beans & Rice, Salsa / French Toast - Roasted Potatoes, Fresh Fruit Compote	22 Hamburger/Veg Patty - Cole Slaw / Open Face Turkey/Tofu Sub with Gravy, Fresh Cranberry Sauce	23 HOLIDAY	24 HOLIDAY THANKSGIVING	25 HOLIDAY	26
27	28 Crispy Tacos - Beans, Rice & Toppings / Pizza - Pepperoni or Cheese	29 Meatball/Veggie Marinara Sub w/ Cheese / Hot Dog/Veggie Dog - WW Bun, Baked Beans	30 Quesadilla - Corn w/ Tomato Lime Sauce, Salsa / Pasta Marinara with Cheese			



IRISH SODA *Bread*

Ingredients

- 6 oz Whole Wheat Flour (or 3/4 cup)
- 2 oz White Flour (or 1/4 cup)
- 2 oz Steel Cut Oatmeal (or 1/4 cup)
- 1 oz Wheat Germ (or 2 Tbsp)
- 1 tsp Baking Soda
- 1 tsp Salt
- 1 tsp Sugar
- 1 large Egg
- 10 fl oz / 275ml Buttermilk (or 1 1/4 cup)
- 1/2 cup Raisins

Method

- 1 Preheat oven to 375° F.
- 2 Mix dry ingredients in large bowl.
- 3 Whisk egg in the buttermilk.
- 4 Using well method mix the wet ingredients into the dry.
- 5 Place dough into buttered bread tin.
- 6 Make a deep cross on top.
- 7 Prick the four corners (to let the fairies out!).
- 8 Bake in pre-heated oven for 50-60 minutes.

Yield: 1 loaf



December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Tamal - Spicy Beans & Rice, Salsa / Pulled Bbq Turkey/Veg Patty - WW Bun, Roasted Potatoes	2 Nachos - Beans & Rice, Salsa / Pizza - Chicken Pesto or Veggie Pesto	3
4	5 Soft Tacos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	6 Hamburger/Veg Patty - Black Eye Pea Salad / Sliced Turkey/Tofu - Sub, Lettuce, Roasted Beets, Creamy Herb Dressing	7 Warm Florentine Wrap - Chicken/Veg, Spinach & Potato / Stir Fry Chicken/Edamame & Veg Lo Mein Soy Sauce	8 Caesar Wrap - Chicken or Veggie / Lemon Roasted Chicken or Tofu, Garlic Herb Couscous	9 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	10
11	12 Taco Salad - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	13 Egg Rolls - Chicken or Veggie Fried Rice / Chili, Cheese Bowl, Cornbread and Rice, Sour Cream, Green Onion	14 Spicy Drums - Macaroni Salad, Greens / Mac and Cheese, Fresh Veg	15 Enchilada - Three Bean Salad, Rice, Salsa / Oven Fried Chicken or Tofu, Mashed Potatoes, Gravy, Bread Styx	16 Pizza - Pepperoni or Cheese / Chicken or Egg Salad Sandwich	17
18	19 WINTER RECESS	20 WINTER RECESS	21 WINTER RECESS	22 HOLIDAY	23 HOLIDAY	24
25	26 HOLIDAY	27 WINTER RECESS	28 WINTER RECESS	29 WINTER RECESS	30 HOLIDAY	31

* * * Salad Bar, 1% and Non-Fat Milk, and Fresh Fruit offered daily * * *



Citrus- JICAMA STUFFED LETTUCE LEAF Salad

Ingredients

- 3 pieces of citrus fruit (Tangerines, Tangelos, Mandarins or Oranges)
- 1/2 cup of Orange Juice
- 1 small Jicama, peeled and cut into thin slices
- 3 large Radishes, sliced thin (optional)
- Mint, cut into small pieces
- 1 head of Butter Lettuce

Method

- 1 In a large bowl, toss jicama and orange juice.
- 2 Add citrus slices and radishes.
- 3 Mix in chopped mint.
- 4 Separate butter lettuce leaves so they resemble small bowls, serve salad on top of lettuce leaves.

Yield: 6



January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 HOLIDAY	3 Hamburger/Veg Patty - Cole Slaw / Pizza - Pepperoni or Cheese	4 Caesar Wrap - Chicken or Veggie / Pasta Marinara with Cheese Salad Bar w/ Citrus Tasting	5 Burrito - Arugula Salad, Salsa / Bbq Chicken/Tofu Sub, Cole Slaw	6 Nachos - Beans & Rice, Salsa / Pizza - Chicken Pesto or Veggie Pesto	7
8	9 Tamal - Spicy Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	10 Hot Dog/Veggie Dog - Baked Beans / Meat Loaf/Veggie Loaf - Tomato Sauce, Peas and Carrots, Vital Vittles Roll	11 Warm Florentine Wrap - Chicken/Veg, Spinach & Potato / Cheddar, Chicken & Chorizo Pasta/ Cheddar, Veggie (seitan) Pasta Salad Bar w/ Citrus Tasting	12 Enchilada - Three Bean Salad, Rice, Salsa / Orange Miso Chicken or Tofu, Dinner Roll	13 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	14
15	16 HOLIDAY MARTIN LUTHER KING DAY	17 Hamburger/Veg Patty - Cole Slaw / French Toast - Roasted Potatoes, Fresh Fruit Compote	18 Quesadilla - Corn w/ Tomato Lime Sauce, Salsa / Mac and Cheese, Fresh Veg Salad Bar w/ Citrus Tasting	19 Buffalo Chicken or Veggie Wrap / Roast Chicken/Tofu w/ Garlic Bread Crumbs, Vital Vittles Roll	20 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	21
22	23 Crispy Tacos - Beans, Rice & Toppings / Pizza - Pepperoni or Cheese	24 Beef/Bean Chili Wrap - Cheese, Green Onions / Hot Dog/ Veggie Dog - WW Bun, Baked Beans	25 Sesame Drums - Roasted Brussel Sprouts, Flatbread / Garlic Chicken/Veggie Pasta, Dinner Roll Salad Bar w/ Citrus Tasting	26 Pork Barbacoa/ Veggie Burrito, Salsa / Paprika Chicken or Tofu, Roasted Cauliflower, Garlic Herb Couscous	27 Chinese New Year Pizza - Pepperoni or Cheese / Egg Rolls - Chicken or Veggie Fried Rice Soy Sauce	28
29	30 STAFF DEVELOPMENT DAY	31 Pizza - Pepperoni or Cheese / Chicken Creole Style - Sub, Celery Sticks, Ranch Dressing				

* * * Salad Bar, 1% and Non-Fat Milk, and Fresh Fruit offered daily * * *



S H R E D D E D *Bok Choy* S A L A D

Ingredients

2lbs Bok Choy, shredded
1/4 cup Red Wine Vinegar
2 tsp Soy Sauce
2 cloves Garlic, minced
1 slice (quarter size) Ginger, sliced
1 Tbsp Sesame Oil
1/2 cup Olive oil, pure
1 tsp Honey
1 Tbsp Sesame Seeds

Method

- 1 Mix in a stainless steel pot, vinegar, soy sauce, garlic, ginger, and sugar. Bring to a boil and turn off the heat. Allow to cool on the stove to infuse ginger and dissolve sugar.
- 2 Bring a pot of water to boil. Plunge bok choy into the water and remove immediately. Let cool on a plate (spread out to facilitate cooling).
- 3 Add Sesame and olive oils to soy sauce mixture when it has cooled and toss with bok choy. Serve immediately.
- 4 Garnish with sesame seeds.

Yield: 8



February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Hamburger/Veg Patty - Cole Slaw / Tamal - Spicy Beans & Rice, Salsa	2 Soul Food Thursday Hot Chicken/Veggie Wrap - Greens, Red Beans & Rice / Bbq Chicken or Tofu, Cornbread, Potato Salad	3 Nachos - Beans & Rice, Salsa / Mac n' Greens - Chicken or Veggie	4
5	6 Soft Tacos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	7 Hot Dog/Veggie Dog - Baked Beans / Chili, Cheese Bowl, Cornbread and Rice, Sour Cream, Green Onion	8 Burrito - Arugula Salad, Salsa / Cheddar, Chicken & Chorizo Pasta or Cheddar, Veggie (seitan) Pasta	9 Soul Food Thursday Buffalo Chicken or Veggie Wrap / Jerk Chicken or Tofu, Roasted Sweet Potatoes, Bread Styx	10 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	11
12	13 Taco Salad - Beans & Rice / Pizza - Pepperoni or Cheese	14 Hot Dog/Veggie Dog - Baked Beans / Sliced Turkey/Tofu - Sub, Lettuce, Roasted Beets, Creamy Herb Dressing	15 Quesadilla - Corn w/ Tomato Lime Sauce, Salsa / Mac and Cheese, Fresh Veg	16 Soul Food Thursday Beef/Bean Chili Wrap - Cheese, Green Onions / Oven Fried Chicken /Tofu, Creamed Corn, Vital Vittles Roll	17 HOLIDAY LINCOLN'S BIRTHDAY	18
19	20 HOLIDAY PRESIDENT'S DAY	21 Pizza - Pepperoni or Cheese / Soft Tacos - Beans & Rice, Salsa	22 Hamburger/Veg Patty - Black Eyed Peas Salad / Caesar Wrap - Chicken or Veggie	23 Soul Food Thursday Spicy Drums - Macaroni Salad, Greens / Catfish/Tofu Sub, Lettuce & Tartar Sauce, Cole Slaw, Pickled Jalapenos	24 Nachos - Beans & Rice, Salsa / Pasta Marinara with Cheese	25
26	27 Crispy Tacos - Beans, Rice & Toppings, Salsa / Pizza - Pepperoni or Cheese	28 Hamburger/Veg Patty - Cole Slaw / Grilled Cheese Sandwich, Moroccan Carrot Salad				

*** Salad Bar, 1% and Non-Fat Milk, and Fresh Fruit offered daily ***



P A R S N I P & C A R R O T *Pickles*

Ingredients

3/4 cup Olive Oil
1/4 tsp Black Mustard Seeds
1/4 tsp Cumin Seeds
1/4 tsp Fenugreek Seeds
2 small dried Red Chilies (1 whole, 1 crumbled)
1 small Onion, coarsely chopped
1 tsp grated peeled fresh Ginger
1 tsp minced Garlic
Kosher Salt
5 mixed orange and yellow Carrots, peeled and cut into 2 x 1/4-inch sticks
5 Parsnips, peeled and cut into 2 x 1/4-inch sticks
1 1/2 tsp packed Light Brown Sugar
3 Tbsp Cider Vinegar
3 strips (2 inches long each) Lemon Zest
2 tsp Ground Coriander
2 tsp Chili Powder
1 tsp Powdered Mustard
1/2 tsp Ground Cumin

Method

- 1 Heat oil in a large saucepan over medium heat. Add black mustard seeds, cumin seeds and fenugreek seeds. When seeds pop, add chilies. Cook, stirring, 30 seconds. Add onion, ginger, and garlic; cook, stirring, until golden brown, about 5 minutes.
- 2 Bring a large pot of water to a boil; add salt. Add carrots; cook until just tender, 3 to 4 minutes, then add parsnips and repeat. Immediately plunge into an ice-water bath. Drain, and pat dry.
- 3 Toss together carrots, parsnips, onion mixture, sugar, vinegar, zest, coriander, chili powder, mustard, cumin, and 1 tablespoon salt. Transfer to an airtight container. Refrigerate at least 3 days. Carrots can be refrigerated up to 1 month.

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Enchilada - Three Bean Salad, Rice, Salsa / Stir Fry Chicken/Edamame & Veg Lo Mein Soy Sauce	2 Curried Chicken/Veggie Wrap - Potato, Cilantro Chutney / Lemon Roasted Chicken or Tofu, Vital Vittles Roll	3 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	4
5	6 Fajitas - Chicken/Veggie, Roasted Vegetables, Rice, Salsa / Pizza - Pepperoni or Cheese	7 Hot Dog/Veggie Dog - Baked Beans / Sloppy Joe/Veggie Joe - WW Bun	8 Burrito - Arugula Salad, Salsa / Cheddar, Chicken & Chorizo Pasta/Cheddar, Veggie (seitan) Pasta	9 Pork Barbacoa/Veggie Burrito, Salsa / Roast Chicken/Tofu w/ Garlic Bread Crumbs, Bulgur Salad	10 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	11
12	13 Crispy Tacos - Beans, Rice & Toppings / Pizza - Pepperoni or Cheese	14 Hamburger/Veg Patty - Cole Slaw / Sliced Turkey/Tofu - Sub, Lettuce, Roasted Beets, Creamy Herb Dressing	15 Warm Florentine Wrap - Chicken/Veg, Spinach & Potato / Pasta Marinara with Cheese	16 Nachos - Beans & Rice, Salsa / Caesar Wrap - Chicken or Veggie, Spanish Rice & Corn, Salsa	17 <i>St. Patrick's Day</i> Pizza - Pepperoni or Cheese / Shepherd's Pie - Beef or Veggie, Vital Vittles Roll	18
19	20 Fajitas - Chicken/Veggie, Roasted Vegetables, Rice, Salsa / Pizza - Pepperoni or Cheese	21 Hot Dog/Veggie Dog - Baked Beans / Lemon Chicken/Veggie Salad on Toasted Sub, Lettuce, Celery Sticks & House Ranch Dressing	22 Caesar Wrap - Chicken or Veggie / Mac n' Greens - Chicken or Veggie	23 Curried Chicken/Veggie Wrap - Potato, Cilantro Chutney / Orange Miso Chicken or Tofu, Whole Grain salad	24 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	25
26	27 Soft Tacos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	28 Hamburger/Veg Patty - Roasted Potatoes / Caesar Wrap - Chicken or Veggie	29 Apricot Drums - Spiced Black Beans, Grilled Flatbread / Mac and Cheese, Fresh Veg	30 Quesadilla - Corn w/ Tomato Lime Sauce, Salsa / Oven Fried Chicken or Tofu, Bread Styx	31 Pizza - Chicken Pesto or Veggie Pesto / Chicken Salad or Egg Salad Sandwich	



THREE *Bean* SALAD

Ingredients

1/4 cup dry or 1 each 15oz can Chickpeas (Garbanzos)
1/4 cup dry or 1 each 15oz can Kidney Beans
12oz (about 3 cups) Green Beans, fresh
1 bunch Scallions, sliced
2 stalks Celery, small dice
1/2 cup Cider Vinegar
1/2 cup Olive (Veg) Oil
1 Tbsp Honey
1/2 tsp Dry Mustard
1 clove Garlic, minced
dash Ground Black Pepper
Salt to taste
1/2 cup leaves, Italian Parsley

Method

- 1 If cooking your own chickpeas and kidney beans, cook them separately. Place in a sauce pan with 2 cups of cold water, bay leaf, sprinkle of dried thyme and a pinch of salt. Bring to a boil then down to a simmer and cook over very low heat until tender, add water if necessary.
- 2 Clean and Blanche string beans in salted boiling water.
- 3 If using canned chick peas and kidney beans, drain and rinse.
- 4 In a bowl, gently mix the garbanzo beans, kidney beans, green beans, green onions, and celery.
- 5 In a separate bowl, whisk together the vinegar, oil, honey, mustard, garlic and black pepper. Pour dressing over the salad, and toss gently to coat. Taste and adjust seasoning as required.
- 6 Cover, refrigerate at least 2 hours, and gently toss before serving.

Yield: 6-8

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 SPRING RECESS SCHOOL CLOSED	4 SPRING RECESS SCHOOL CLOSED	5 SPRING RECESS SCHOOL CLOSED	6 SPRING RECESS SCHOOL CLOSED	7 SPRING RECESS HOLIDAY	8
9	10 Soft Tacos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	11 Meatball/Veggie Marinara Sub w/ Cheese / Hot Dog/ Veggie Dog - WW Bun, Baked Beans	12 Enchilada - Corn, Rice, Salsa / Pasta Marinara with Cheese	13 Greek Style Wrap - Chicken/Veggie / Turkey Melt /Tofu - WW Bun, Celery Sticks & House Ranch Dressing	14 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	15
16	17 Tamal - Spicy Beans & Rice, Salsa / Buckwheat Pancakes - Chicken/Veggie Hash, Fruit Compote	18 Hamburger/Veg Patty - Cole Slaw / Chili, Cheese Bowl, Cornbread & Rice, Sour Cream, Green Onion	19 Spicy Drums - Macaroni Salad, Greens / Mac and Cheese, Fresh Veg	20 Pork Barbacoa/ Veggie Burrito, Salsa / Tandoori Style Chicken or Tofu, Vital Vittle Rolls	21 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	22
23 30	24 Taco Salad - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	25 Hot Dog/Veggie Dog - Baked Beans / Egg Rolls - Chicken or Veggie Fried Rice Soy Sauce	26 Quesadilla - Corn w/ Tomato Lime Sauce, Salsa / Garlic Chicken/Veggie Pasta, Dinner Roll	27 Beef/Seitan Chili Wrap - Cheese, Green Onions / Bbq Chicken or Tofu, Cornbread	28 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	29



Tossed SALAD WITH *Balsamic* VINAIGRETTE

Ingredients

- 6 handfuls Mixed Greens
- 1 Carrot, peeled and sliced into coin shapes
- 4 Radishes, sliced into half moon shapes
- 1/2 Avocado, peeled and diced
- 2 Scallions, white parts and lower half of green parts, sliced
- 1/4 cup Toasted Pumpkin Seeds or Sunflower Seeds
- 1/2 cup Raisins
- 1 Baguette, sliced

Vinaigrette

- 1 1/2 Tbsp Balsamic Vinegar
- 1 tsp Dijon Mustard
- 1 clove crushed Garlic
- 1/4 tsp Salt
- 5 Tbsp Extra Virgin Olive Oil

Method

- 1 Wash mixed greens in a large bowl of water and dry in a salad spinner. Discard any leaves that are yellow.
- 2 Put the carrot, radishes, avocado, pumpkin or sunflower seeds and into individual serving bowls.
- 3 In a separate bowl, whisk together vinegar and salt until the salt dissolves. Gradually whisk in the olive oil.
- 4 Pour the vinaigrette over the mixed greens and toss gently. Arrange the salad bar and slices of baguette, and allow guest to serve themselves.

Yield: 6 Servings

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Crispy Tacos - Beans, Rice & Toppings / Pizza - Pepperoni or Cheese	2 Hamburger/Veg Patty - Cole Slaw / Grilled Cheese Sandwich, Celery Sticks	3 Warm Florentine Wrap - Chicken/Veg, Spinach & Potato / Chicken/Veggie Pasta Cacciatore	4 Caesar Wrap - Chicken or Veggie / Roast Chicken/Tofu w/Garlic Bread Crumbs, Bulgur Salad	5 Cinco de Mayo Nachos - Beans & Rice, Salsa / Burrito - Bean and Cheese, Arugula Salad, Salsa	6
7	8 Fajitas - Chicken/Veggie, Roasted Vegetables, Rice, Salsa / Pizza - Pepperoni or Cheese	9 Hot Dog/Veggie Dog - Baked Beans / Sloppy Joe/Veggie Joe - WW Bun	10 Sesame Drums - Roasted Brussel Sprouts, Grilled Flatbread / Mac n' Greens - Chicken or Veggie	11 Quesadilla - Corn w/ Tomato Lime Sauce, Salsa / Teriyaki Chicken or Tofu, Tabouleh	12 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	13
14	15 HOLIDAY MALCOLM X'S BIRTHDAY	16 Soft Tacos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	17 Caesar Wrap - Chicken or Veggie / French Toast - Roasted Potatoes, Fruit Compote	18 Curried Chicken/Veggie Wrap - Potato, Cilantro Chutney / Pasta Marinara with Cheese, Garlic Bread Styx	19 Nachos - Beans & Rice, Salsa / Honey Dijon Chicken or Tofu, Vital Vittles Roll	20
21	22 Soft Tacos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	23 Roast Pork Creole Wrap - Cucumber Salad / Hamburger/Veg Patty - Cole Slaw	24 Hot & Sour Drums - Kale w/Coconut Vinaigrette, Flatbread / Mac and Cheese, Fresh Veg	25 Burrito - Arugula Salad, Salsa / Bbq Chicken or Tofu, Cornbread	26 Nachos - Beans & Rice, Salsa / Pizza - Pepperoni or Cheese	27
28	29 HOLIDAY MEMORIAL DAY	30 Soup/Salad/ Sandwich / French Toast - Roasted Potatoes, Fresh Fruit Compote	31 Soup/Salad/ Sandwich / Sliced Turkey/Tofu - Sub, Lettuce, Roasted Beets, Creamy Herb Dressing			



Summer

FRUIT SALAD

Ingredients

- 2 Peaches
- 2 Plums or other stone fruit
- 1 basket Strawberries, approx. 1 pint
- 1 cup Blackberries

Topping

- 1 cup plain low-fat Yogurt
- 2 Tbsp Honey or Maple Syrup

Method

Wash and cut fruit into slices or bite-sized pieces, combine fruit in bowl and add yogurt topping.

Yield: 8 servings



June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Stir Fry Chicken/ Edamame & Veg Lo Mein Soy sauce	2 Soup/Salad/Sandwich / Pizza - Chicken Pesto or Veggie Pesto	3
4	5 Crispy Tacos - Beans, Rice & Toppings / Pizza - Pepperoni or Cheese	6 Hamburger/Veg Patty - Cole Slaw / Lemon Chicken/Veggie Salad on Toasted Sub, Lettuce, Celery Sticks & House Ranch Dressing	7 Chicken/Veggie, Lettuce & Tomato Wrap / Pasta Marinara with Cheese, Garlic Bread Styx	8 Warm Florentine Wrap - Chicken/Veg, Spinach & Potato / Oven Fried Chicken or Tofu, Dinner Roll	9 Nachos with Toppings / Pizza - Pepperoni or Cheese	10
11	12 Chef's Choice	13 Chef's Choice	14 Chef's Choice	15 Chef's Choice	16 Chef's Choice LAST DAY OF SCHOOL	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



July



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MIDDLE SCHOOL

Breakfast Menu

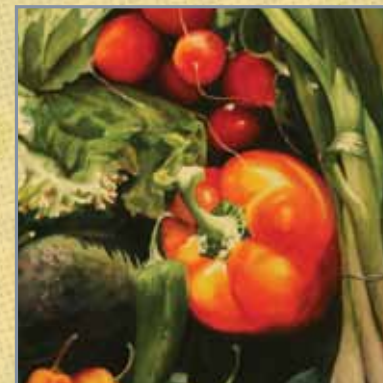
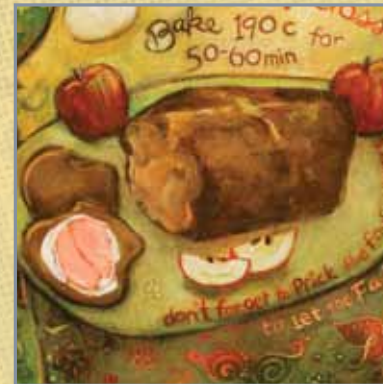
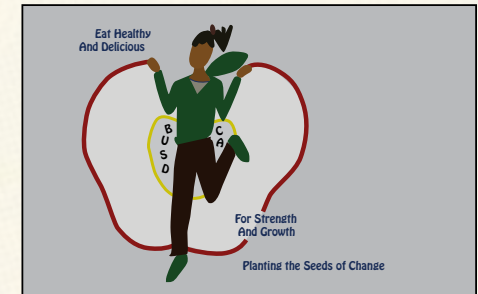
SAMPLE MONTH, TWO-WEEK CYCLES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cereal String Cheese Fresh Fruit Milk	Oatmeal Bar Yogurt Fresh Fruit Milk	Scone Fresh Fruit Milk	Seasonal Muffin Fresh Fruit Milk	Whole Wheat Bagel Cream Cheese Fresh Fruit Milk	
	Cereal String Cheese Fresh Fruit Milk	Pumpkin or Banana Bread Fresh Fruit Milk	Scone Fresh Fruit Milk	Seasonal Muffin Fresh Fruit Milk	Whole Wheat Bagel Cream Cheese Fresh Fruit Milk	
	Cereal String Cheese Fresh Fruit Milk	Oatmeal Bar Yogurt Fresh Fruit Milk	Scone Fresh Fruit Milk	Seasonal Muffin Fresh Fruit Milk	Whole Wheat Bagel Cream Cheese Fresh Fruit Milk	
	Cereal String Cheese Fresh Fruit Milk	Pumpkin or Banana Bread Fresh Fruit Milk	Scone Fresh Fruit Milk	Seasonal Muffin Fresh Fruit Milk	Whole Wheat Bagel Cream Cheese Fresh Fruit Milk	

* * * Salad Bar, 1% and Non-Fat Milk, and Fresh Fruit offered daily * * *



GREEN LEAF



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