Berkeley Unified School District's Food Policy

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.

Dear Parents and Caregivers,

Welcome back to another school year. We continue to make positive changes to the school meals and want to encourage you and your children to participate in the school breakfast and lunch programs. In fact, one of the most important things you can do for your child's education and well-being is assure that they are well fed both at home and in school. Allowing and encouraging your children to eat school breakfast and school lunch, not only helps assure their health and academic abilities, but also supports the Nutrition Services Department and hence, the entire school district. The more students who eat meals at school, the more financially viable the program becomes.

The management team of the Nutrition Services Department has been working extremely hard to bring delicious/nutritious food to all of the students in the district. All of our schools have Universal Breakfast, Buffet Style Service at lunch and Salad Bars with farm fresh produce. We have eliminated all processed food, hydrogenated and partially hydrogenated oils, high fructose corn syrup, refined sugar, refined flour, chemicals, dies, additives, nitrites, nitrates and the like. Conversely we have enhanced the food we're serving our children by serving regional organic milk at lunch and hormone/antibiotic free milk at breakfast, whole wheat or 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 hotdogs and organic pepperoni.

We truly make the health and wellbeing of all of Berkeley's students our main priority. We cook fresh whole foods for all of the students-everyday, and the food that we don't make, is made by local companies to our specification. To assure the quality of the food, we've instituted professional development for all of the staff and worked with our entire team to guarantee safe, delicious, healthy food every day for every student at every meal.

Along with your child's well-being we are also striving to help take care of the planet. We continue to work with the schools to assure composting and recycling at every school. These valuable lessons, along with healthy/delicious/thoughtful eating as well as cooking and gardening are a mainstay 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 and school's breakfast and lunch menus for the entire year. Additionally, each month of the calendar includes recipes that are being taught in the Network for Healthy California cooking classes and served in the cafeterias. We hope you will try cooking these at home with your family.

The changes we are making are part of a district-wide effort called the School Lunch Initiative (SLI), SLI has two primary goals: to serve more nutritious and delicious, freshly prepared meals using locally grown food to all of our students and to educate children in kitchen, garden and academic classrooms about their food choices and the impact those choices have on their health, the community and the environment.

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.

Thank you for your continued support and please don't hesitate to call or email if there's anything we can do to help.

Marni Posey
Director
Nutrition Services
marniposey@berkeley.net

Bonnie Christensen
Executive Chef
Nutrition Services
bonniechristensen@berkeley.net

Leah Sokolofski
Program Supervisor
Network for a Healthy CA
leahsokolofski@berkeley.net

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 & 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

The above document has been abridged from Board Policy for the Nutrition Services Calendar 2012/2013.

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.

Aug

SATURDAY

4

11

18

25

31

Tabouli

Clay Olitt
Malcolm X Elementary School

Ingredients:

1 cup boiling water

1 cup bulgar wheat

1 cup parsley, chopped

1/2 cup mint, chopped

1/2 cup green onion, chopped

3 tomatoes, diced

1/2 cup English cucumber, seeded & diced

4 tablespoons extra virgin olive oil

4 tablespoons fresh squeezed lemon juice

1 teaspoon salt

Preparation:

1. In a large mixing bowl, mix wheat and boiling water and cover. Let stand for 20 minutes, until wheat is tender and water is absorbed. Chill cooked bulgar wheat.

2. Add herbs and chopped vegetables to the chilled bulgar wheat. Mix in olive oil, lemon juice and salt.

Makes 4 Servings
1 cup per serving

Nutrition Information per Serving:
Calories: 278, Carbohydrate: 34g, Protein: 6g, Total Fat: 15g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 311mg, Dietary Fiber: 7g

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aug 27 STAFF DEVELOPMENT DAY	28 STAFF DEVELOPMENT DAY	29 Pizza - Pepperoni or Cheese	30 Pasta Marinara with Cheese	31 Burritos - Bean & Cheese Tabouli Salsa	1
2	3 HOLIDAY LABOR DAY	4 Pizza - Pepperoni or Cheese	5 Turkey Melt or Veg Patty - WW Bun	6 Chicken or Veggie Tetrazini Pasta Peas	7 Tacos - Chicken or Veggie Tabouli Salsa	8
9	10 Pizza - Pepperoni or Cheese	11 Egg Rolls - Chicken or Veggie Fried Rice Soy Sauce	12 Mac and Cheese Fresh Veg	13 Honey Dijon Chicken or Veg Patty Morrocan Carrot Salad Roll	14 Nachos - Beef or Veggie Tortilla Chips Spanish Rice & Beans Salsa	15
16	17 Tomato Cheddar Estrada	18 Pulled Bbq Pork or Veg Patty - WW Bun	19 Garlic Chicken Pasta or Veggie Garlic Pasta w/Cheese	20 Tandoori Chicken or Tofu Tabouli	21 Quesadillas - Chicken or Veggie Spanish Rice & Beans Salsa	22
23 / 30	24 Pizza - Pepperoni or Cheese	25 Stmd Bbq Chicken Buns or Edamame Stir Fry Veg Rice	26 Pasta Marinara with Cheese	27 Oven Fried Chicken or Veg Patty Mashers, Gravy, Bread Sticks	28 Burritos - Bean & Cheese Tabouli Salsa	29

* * * *Salad Bar, Milk & Fresh Fruit offered daily* * * *

Vanilla & Cinnamon Applesauce

Kathy Russell
Le Conte Elementary

Ingredients:

10 ripe apples
(or 5 apples and five pears)

1 fresh vanilla bean

1/4 cup water

1/4 cup apple juice

1 teaspoon lemon juice

1/2 teaspoon cinnamon

Preparation:

1. Cut apples (and pears, if using) into 1-inch chunks, discarding seeds and core. Slice open the vanilla bean and scrape out the seeds. Reserve bean for another use.

2. In a pot large enough to hold the apples, bring the water and apple juice to a boil. Stir in the vanilla seeds.

3. Add the apples and lemon juice and cook, stirring occasionally, until the apples cook down. Add cinnamon.

4. Pour into a bowl and mash with a fork or potato masher. Serve hot.

Makes 6 Servings

Nutrition Information per Serving:
Calories: 197, Carbohydrate: 50g, Protein: 1g, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 4mg, Dietary Fiber: 9g

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Pizza - Pepperoni or Cheese	**2** Meat Loaf or Garden Veggie Loaf Mashers Roll	**3** Mac and Cheese Fresh Veg	**4** Rst Balsamic Chicken or Tofu Garlic Pita Chips Pear Compote	**5** Tacos - Chicken or Veggie Spanish Rice & Beans Salsa	**6**
7	**8** STAFF DEVELOPMENT DAY	**9** French Toast - Rst Potatoes Pear Compote	**10** Stir Fry Chicken & Veg or Edamame w/ Lo Mein Noodles Soy Sauce	**11** Bbq Chicken or Tofu Red Beans w/ Rice	**12** Tamales Spanish Rice & Beans Salsa	**13**
14	**15** Pizza - Pepperoni or Cheese	**16** Hamburger or Veggie Burger Black Eyed Peas Salad	**17** Pasta Marinara with Cheese	**18** Turkey Melt or Veg Patty - WW Bun Pear Compote	**19** Enchiladas Beans Salsa	**20**
21	**22** Veggie Cheese Estrada	**23** Hot Dog or Veggie Dog Baked Beans	**24** Chicken or Veggie Pasta Cacciatore	**25** Rst Chicken or Tofu w Garlic Brd Crumbs Cous Cous Pilaf Pear Compote	**26** Nachos - Beef or Veggie Tortilla Chips, Beans & Rice Salsa	**27**
28	**29** Pizza - Pepperoni or Cheese	**30** Grilled Cheese Sandwich Cole Slaw	**31** Garlic Chicken Pasta or Veggie Garlic Pasta w/Cheese			

* * * *Salad Bar, Milk & Fresh Fruit offered daily* * * *

"Yellow Squash & Seeds" © JenNortonArtStudio.com

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 tablespoons cornstarch

1 teaspoon baking soda

1/4 teaspoon thyme

1/4 teaspoon salt

1/4 teaspoon pepper

3 tablespoons canola oil

Preparation:

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 applesauce, sourcream or yogurt per latke.

Makes 8 Servings
2 latkes per serving

Nutrition Information per Serving:
Calories: 92, Carbohydrate: 8g, Protein: 2g, Total Fat: 6g, Saturated Fat: 1g, Cholesterol: 47mg, Sodium: 245mg, Dietary Fiber: 1g

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **Teriyaki Chicken or Edamame** Veg Lo Mein	**2** **Burritos - Bean & Cheese** Spanish Rice & Beans Salsa	**3**
4	**5** **Pizza - Pepperoni or Cheese**	**6** **Chicken or Eggplant Parmesan - Hoagie**	**7** **Pasta Marinara with Cheese**	**8** **Rst Balsamic Chicken or Tofu** Fresh Veg Garlic Pita Chips	**9** **STAFF DEVELOPMENT DAY**	**10**
11	**12** **VETERAN'S DAY**	**13** **French Toast - Rst Potatoes**	**14** **Stir Fry Chicken & Veg or Tofu w/ Lo Mein Noodles**	**15** **Bbq Chicken or Veg Patty - WW Bun**	**16** **Tamales** Spanish Rice & Beans Salsa	**17**
18	**19** **Pizza - Pepperoni or Cheese**	**20** **Pulled Bbq Pork or Veg Patty - WW Bun**	**21** **HOLIDAY**	**22** **THANKSGIVING HOLIDAY**	**23** **HOLIDAY**	**24**
25	**26** **Pizza - Pepperoni or Cheese**	**27** **Hot Dog or Veggie Dog** Baked Beans	**28** **Mac and Cheese** Fresh Veg	**29** **Turkey Melt or Veg Patty - WW Bun**	**30** **Tacos - Chicken or Veggie** Beans Salsa	

* * * ***Salad Bar, Milk & Fresh Fruit offered daily*** * * *

"Homemade Bread" © JenNortonArtStudio.com

Quinoa Salad with Dried Apricots & Currants

Susanne Jensen
Willard Middle School

Ingredients:

1 cup quinoa

2 cups water

6 dried apricots, finely chopped

1/4 cup dried currants

3 scallions, finely chopped

Vinaigrette

Grated zest of 1 lemon

Juice of 1 lemon

1/4 cup olive oil

2 teaspoons chopped parsley

1/4 teaspoon paprika

1/4 teaspoon cumin

1/2 teaspoon sea salt

Preparation:

1. Bring the water to a boil. Add quinoa and cook until the quinoa is soft and clear, 15 to 20 minutes. Drain.

2. In a medium bowl, whisk together the lemon zest and juice, olive oil, parsley, paprika, cumin and salt. Add the quinoa, dried apricots, currants, scallion, and pepper. Toss and serve.

Makes 4 Servings

Nutrition Information per Serving:
Calories: 327, Carbohydrate: 41g, Protein: 7g, Total Fat: 16g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 302mg, Dietary Fiber: 5g

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 **Pizza - Traditional Cheese**	4 **Hamburger or Veggie Burger - WW Bun** Black Eyed Peas Salad	5 **Chicken or Veggie Tetrazini Pasta**	6 **Honey Dijon Chicken or Veg Patty** Morrocan Carrot Salad, Bread Sticks	7 **Quesadillas - Chicken or Veggie** Quinoa Salad, Beans Salsa	8
9	10 **Veggie Cheese Estrada**	11 **Sloppy Joe or Veggie Joe - WW Bun**	12 **Stir Fry Chicken & Veg or Tofu w/ Lo Mein Noodles**	13 **Rst Chicken or Veg Patty w Garlic Brd Crumbs** Bulgar w/ Lemon and Herbs	14 **Enchiladas** Quinoa Salad, Beans	15
16	17 **Pizza - Pepperoni or Cheese**	18 **French Toast - Rst Potatoes**	19 **Garlic, Bacon and Chicken Pasta or Veggie Garlic Pasta with Cheese**	20 **Oven Fried Chicken or Veg Patty** Fresh Veg Roll	21 **Chicken or Egg Salad Sandwiches** Carrot Sticks with Ranch Dressing	22
23 / 30	24 / 31 **HOLIDAY**	25 **HOLIDAY**	26 **HOLIDAY**	27 **WINTER RECESS**	28 **WINTER RECESS**	29

* * * ***Salad Bar, Milk & Fresh Fruit offered daily*** * * *

Citrus & Lettuce Salad

Susanne Jensen
Willard Middle School

Ingredients:

3 lettuce heads

3 tangerines

1/4 cup olive oil

2 tbsp orange juice

1 tsp honey

1/4 tsp salt

1/4 tsp pepper

Preparation:

1. Wash and dry lettuce. Then tear them into bite-size pieces.

2. Peel and section tangerines and arrange in bowl.

3. Combine the orange juice, honey, and salt in a bowl, then whisk in the olive oil. Pour dressing over the greens and toss gently. Serve with freshly ground pepper.

Makes 5 Servings

Nutrition Information per Serving:
Calories: 149, Carbohydrate: 23g, Protein: 4g, Total Fat: 6g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 179mg, Dietary Fiber: 5g

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HOLIDAY	2 WINTER RECESS	3 WINTER RECESS	4 WINTER RECESS	5
6	7 **French Toast - Rst Potatoes**	8 **Hot Dog or Veggie Dog** Baked Beans	9 **Pasta Marinara with Cheese** Salad Bar w/ Citrus Tasting	10 **Bbq Chicken or Veg Patty - WW Bun**	11 **Burritos - Bean & Cheese** Pozole	12
13	14 **Pizza - Pepperoni or Cheese**	15 **Sloppy Joe or Veggie Joe - WW Bun**	16 **Stir Fry Chicken & Veg or Tofu w/ Lo Mein Noodles** Salad Bar w/ Citrus Tasting	17 **Rst Balsamic Chicken or Veg Patty** Garlic Pita Chips, Fresh Veg	18 **Enchiladas** Spanish Rice & Beans Salsa	19
20	21 **Martin Luther King Day**	22 **Garden Veg Estrada**	23 **Mac and Cheese** Fresh Veg Salad Bar w/ Citrus Tasting	24 **Tandoori Style Chicken or Tofu** Bulgar w/Lemon and Herbs	25 **Tamales** Spanish Rice & Beans Salsa	26
27	28 **STAFF DEVELOPMENT DAY**	29 **Pizza - Pepperoni or Cheese**	30 **Pasta Marinara with Cheese** Salad Bar w/ Citrus Tasting	31 **Turkey Melt or Veg Patty - WW Bun**		

* * * ***Salad Bar, Milk & Fresh Fruit offered daily*** * * *

"Brussel Sprouts" © JenNortonArtStudio.com

Mac 'n Greens

Carrie Fehr
Rosa Parks & Washington Elementary

A healthy version to the classic Mac 'n Cheese, this kid-friendly recipe is easy to switch up ingredients, add cheddar cheese, broccoli, even raisins for a creative twist.

Ingredients:

2 bunches of winter greens, thinly sliced (chard, kale and collards are all possible varieties)

1 clove garlic, minced

1 tablespoon olive oil

3/4 pound macaroni, cooked and drained (approximately 3 1/2 cups)

1/4 teaspoon salt

1/3 cup parmesan cheese, grated fine

Preparation:

1. Heat olive oil in a large sauté pan. Add greens, garlic, and a pinch of salt. Sauté about 5 minutes over high heat.

2. Add macaroni, pinch of salt and Parmesan to the greens. Toss together.

Makes 8 Servings
1 cup per serving

Nutrition Information per Serving:
Calories: 141, Carbohydrate: 22g, Protein: 6g, Total Fat: 4g, Saturated Fat: 1g, Cholesterol: 4mg, Sodium: 158mg, Dietary Fiber: 2g

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 **Burritos - Bean & Cheese** Spanish Rice & Beans, Salsa	2
3	4 **Pizza - Pepperoni or Cheese**	5 **Chicken or Veggie Taco Salad** Rice and Beans	6 **Mac n' Greens - Chicken or Veggie**	7 **SOUL FOOD DAY** **Oven Fried Chicken or Veg Patty** Creamed Corn Roll	8 **CHINESE NEW YEAR** **Egg Rolls - Chicken or Veg Lo Mein** Soy Sauce	9
10	11 **Pizza - Pepperoni or Cheese**	12 **Steamed Chicken Buns or Edamame** Stir Fry Veg, Rice Soy Sauce	13 **Mac and Cheese** Fresh Veg	14 **VALENTINE'S DAY** **SOUL FOOD DAY** **Catfish Sub, Lettuce & Tartar Sauce** Sweet Potato Fries	15 **LINCOLN'S BIRTHDAY**	16
17	18 **PRESIDENT'S DAY**	19 **French Toast - Rst Potatoes**	20 **Mac n' Greens - Chicken or Veggie**	21 **SOUL FOOD DAY** **Pulled Bbq Pork or Veg Patty - WW Bun** Potato Salad	22 **Tamales** Spanish Rice & Beans Salsa	23
24	25 **Pizza - Pepperoni or Cheese**	26 **Egg Rolls - Chicken or Veg Lo Mein** Soy Sauce	27 **Pasta Marinara with Cheese**	28 **SOUL FOOD DAY** **Bbq Chicken or Veg Patty** Corn bread, Cole Slaw		

*** Salad Bar, Milk & Fresh Fruit offered daily ***

"Orange Carrots on Pink" © JenNortonArtStudio.com

Root Slaw

Carrie Orth
Emerson and John Muir Elementary

Ingredients:

1/2 head medium green cabbage (about 4 cups thinly sliced)

2 medium carrots, grated on large holes of a cheese grater

1 medium parsnip, grated on the large holes of a cheese grater

8 small red radishes, grated on the large holes of a cheese grater

2 1/2 tablespoons mayonnaise

1 tablespoon Dijon mustard

1 tablespoon cider vinegar

1/4 teaspoon celery seed

2 pinches sugar

Preparation:

1. Place mayonnaise, mustard, vinegar, celery seeds, and sugar in a small bowl. Whisk the dressing ingredients together.

2. Toss vegetables together in a separate bowl.

3. Add the dressing, toss, and mix until all vegetables are thoroughly coated.

4. Let the slaw sit for a few minutes to soften the cabbage and absorb the dressing.

Makes 8 Servings
1 cup per serving

Nutrition Information per Serving:
Calories: 70, Carbohydrate: 12g, Protein: 1g, Total Fat: 2g, Saturated Fat: 0g, Cholesterol: 2mg, Sodium: 132mg, Dietary Fiber: 3g

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 **Nachos - Beef or Bean & Cheese** Tortilla Chips, Beans, Salsa	**2**
3	**4** **Veggie Cheese Estrada**	**5** **Chicken or Veg Patty Parmesan - Hoagie**	**6** **Stir Fry Chicken & Veg or Tofu w/ Lo Mein Noodles**	**7** **Rst Chicken or Tofu w/Garlic Brd Crumbs** Root Slaw Bread Sticks	**8** **Enchiladas** Spanish Rice & Beans	**9**
10	**11** **Pizza - Pepperoni or Cheese**	**12** **Grilled Cheese Sandwich** Morrocan Carrot Salad	**13** **Garlic, Bacon and Chicken Pasta or Veggie Garlic Pasta with Cheese**	**14** **Honey Dijon Chicken or Veg Patty** Bulgar w/Lemon and Herbs	**15** **ST. PATRICK'S DAY** **Corned Beef or Tofu** Carrots, Potatoes, Roll	**16**
17	**18** **Pizza - Pepperoni or Cheese**	**19** **Pulled Bbq Pork or Veg Patty - WW Bun** Sweet Potato Fries	**20** **Mac and Cheese** Fresh Veg	**21** **Rst Balsamic Chicken or Tofu** Root Slaw, Garlic Pita Chips	**22** **Tacos - Chicken or Veggie** Spanish Rice & Beans Salsa	**23**
24 / **31**	**25** **Stmd Bbq Chicken Buns or Edamame** Stir Fry Veg, Rice	**26** **Hamburger or Veggie Burger - WW Bun** Black Eyed Peas Salad	**27** **Chicken or Veggie Tetrazini Pasta**	**28** **Oven Fried Chicken or Veg Patty** Mashers & Gravy Bread Sticks	**29** **Chicken Salad or Egg Salad Sandwiches** Carrot Sticks	**30**

* * * ***Salad Bar, Milk & Fresh Fruit offered daily*** * * *

"Bean Sprouts" © JenNortonArtStudio.com

Polenta with Italian Lentil Stew

Michael Bauce
Thousand Oaks Elementary School

Ingredients:

4 cups cooked polenta
(see instructions below)

2 cups lentils

4 cups water

1 bay leaf

1 onion, diced

2 carrots, diced

1 stalk celery, diced

1 clove garlic, minced

1 teaspoon fresh thyme, minced

1 tablespoon fresh oregano, minced

1 tablespoon olive oil

1/2 teaspoon sea salt

Preparation:

Polenta

1 cup polenta

4 cups water

1/2 teaspoon sea salt

1. In a medium saucepan bring 4 cups water and 1/2 teaspoon salt to a boil. Slowly whisk in polenta and cook over low heat until thickened, about two minutes.

2. Cover and simmer on a low flame for 30 minutes or more, adding more water if necessary to prevent burning.

3. Remove from heat and pour polenta into oiled pan and set aside to firm up.

...recipe continued on back cover

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SPRING RECESS	2 SPRING RECESS	3 SPRING RECESS	4 SPRING RECESS	5 SPRING RECESS HOLIDAY	6
7	8 **French Toast - Rst Potatoes**	9 **Hot Dogs or Veggie Dogs** Baked Beans	10 **Pasta Marinara with Cheese** Lentil Soup	11 **Turkey Melt or Veg Patty - WW Bun** Morrocan Carrot Salad	12 **Burritos - Bean & Cheese** Beans Salsa	13
14	15 **Pizza - Pepperoni or Cheese**	16 **Sloppy Joe or Veggie Joe - WW Bun**	17 **Chicken/Veggie Pasta Cacciatore** Lentil Soup	18 **Tandoori Style Chicken or Tofu** Cous Cous & Lentils	19 **Tacos - Chicken or Veggie** Spanish Rice & Beans Salsa	20
21	22 **Veggie Cheese Estrada**	23 **Egg Rolls - Chicken or Veg Lo Mein** Soy Sauce	24 **Garlic Chicken Pasta** Garlic Veggie Pasta w/ Cheese, Lentil Soup	25 **Bbq Chicken or Veg Patty** Roll	26 **Chile Quiles - Eggs, Salsa and Cheese** Tortilla Chips & Beans	27
28	29 **Pizza - Pepperoni or Cheese**	30 **Pulled Bbq Pork or Veg Patty - WW Bun** Cole Slaw				

* * * ***Salad Bar, Milk & Fresh Fruit offered daily*** * * *

"Lettuce, Cilantro & Onion" © JenNortonArtStudio.com

Mixed Greens & Herb Salad

Carrie Fehr
Rosa Parks & Washington Elementary

Ingredients:

5 cups, mixed salad greens of choice

1 cup, combination of fresh chives, parsley, and chervil, chopped

1 tablespoon lemon juice

1 small shallot, diced

1/2 teaspoon salt

4 tablespoons extra virgin olive oil

Edible flowers such as calendula

Preparation:

1. Choose a variety of mixed salad greens, combining a variety of tastes, colors, and textures.

2. Combine the lemon juice, shallot, and salt in a bowl, then whisk in the olive oil. Pour dressing over the greens and toss gently.

3. Serve with freshly ground pepper and top with edible flowers.

Makes 6 Servings
1 cup per serving

Nutrition Information per Serving:
Calories: 107, Carbohydrate: 6g, Protein: 2g, Total Fat: 9g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 217mg, Dietary Fiber: 2g

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 **Pasta Marinara with Cheese**	2 **Teriyaki Chicken or Edamame** Quinoa w/ Miso Vinaigrette	3 **Tamales** Spanish Rice and Beans Salsa	4
5	6 **Pizza - Pepperoni or Cheese**	7 **Grilled Cheese Sandwich** Moroccan Carrot Salad	8 **Chicken or Veggie Tetrazini Pasta**	9 **Chicken w/Garlic Brd Crumbs or Tofu** Cous Cous Pilaf	10 **Quesadillas - Chicken or Veggie** Spanish Rice & Beans Salsa	11
12	13 **Pizza - Pepperoni or Cheese**	14 **Chili & Cheese Bowl w/ Cornbread** Bean & Cheese Bowl w/ Cornbread	15 **Mac and Cheese** Fresh Veg	16 **Honey Dijon Chicken or Veg Patty** Garlic Pita Chips	17 **Nachos - Beef or Veggie** Tortilla Chips, Beans & Rice Salsa	18
19	20 **HOLIDAY MALCOM X'S BIRTHDAY**	21 **French Toast - Rst Potatoes**	22 **Pasta Marinara with Cheese**	23 **BBQ Chicken or Veg Patty** Cornbread Fresh Veg	24 **Burritos - Bean & Cheese** Spanish Rice & Beans	25
26	27 **HOLIDAY MEMORIAL DAY**	28 **Pizza - Pepperoni or Cheese**	29 **Stir Fry Chicken & Veg or Tofu w/ Lo Mein Noodles**	30 **Turkey Melt or Veg Patty - WW Bun**	31 **Tacos - Chicken or Veggie** Spanish Rice & Beans Salsa	

* * * ***Salad Bar, Milk & Fresh Fruit offered daily*** * * *

Nectarine Salsa

Susanne Jensen
Willard Middle School

Ingredients:

4 medium nectarines, diced
1/2 cup cucumber, diced
1/2 cup red onions, finely diced
1 tablespoon garlic, minced
1/2 jalapeno pepper, minced
2 tablespoons minced shallot
3 tablespoons chopped cilantro
2 tablespoons orange juice
1 1/2 teaspoon maple syrup
1/2 teaspoon sea salt

Preparation:

Mix all ingredients in a medium size bowl and serve with tortillas or chips.

Makes 8 Servings
1/2 cup per serving

Nutrition Information per Serving:
Calories: 45, Carbohydrate: 11g, Protein: 1g, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 147mg, Dietary Fiber: 1g

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 **Pizza - Pepperoni or Cheese**	4 **Chicken or Veg Patty Parmesan - Hoagie**	5 **Mac and Cheese** Fresh Veg	6 **Rst Balsamic Chicken or Tofu** Cous Cous Pilaf	7 **Quesadillas - Chicken or Veggie** Spanish Rice & Beans Nectarine Salsa	8
9	10 **Chef's Choice**	11 **Chef's Choice**	12 **Chef's Choice**	13 **Chef's Choice**	14 **Chef's Choice Last Day of School**	15
16	17	18	19	20	21	22
23 / 30	24	25	26	27	28	29

* * * ***Salad Bar, Milk & Fresh Fruit offered daily*** * * *

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			