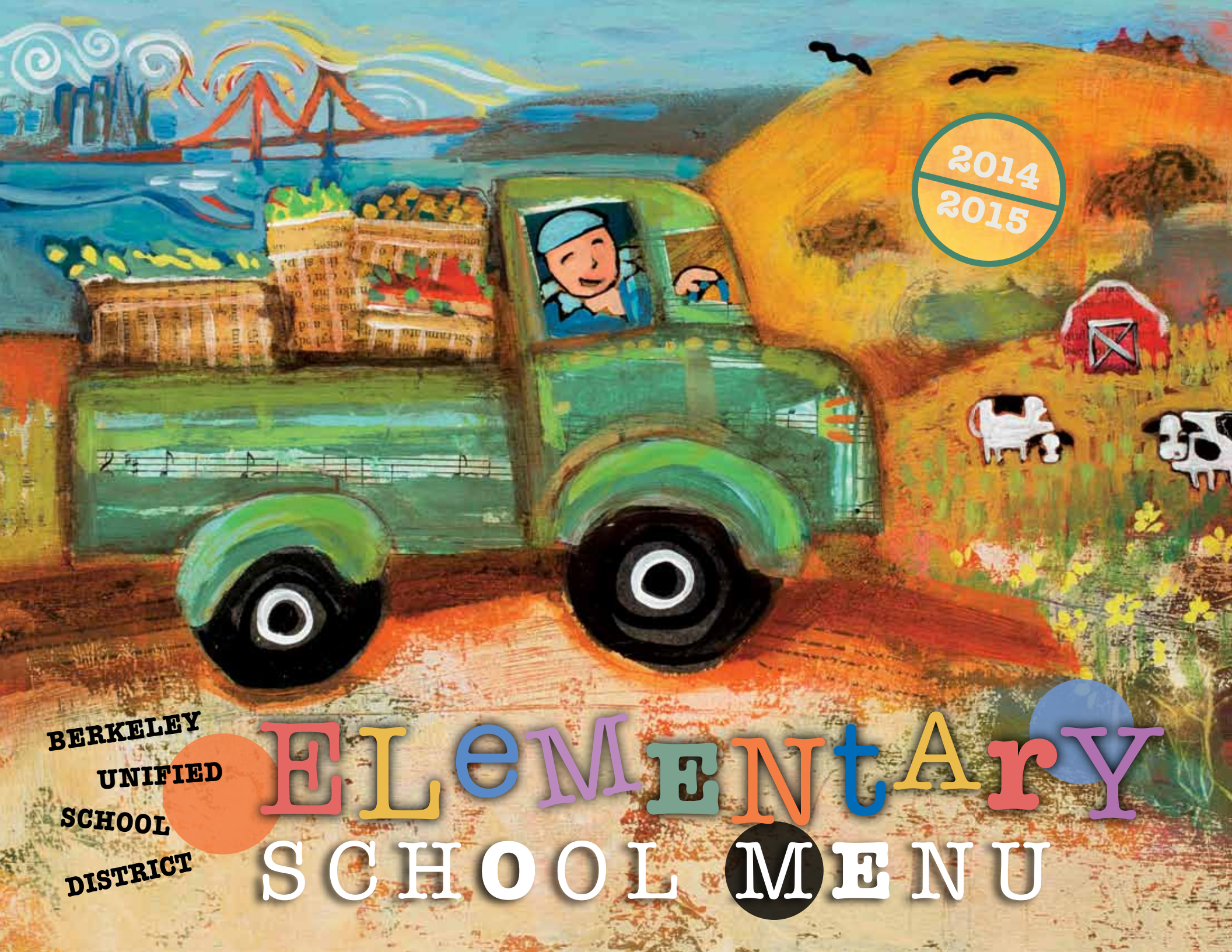
2014
2015
BERKELEY
UNIFIED
SCHOOL
DISTRICT
ELEMENTARY
SCHOOL MENU

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 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, dies, 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
mariposey@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:
http://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

The above document has been abridged from Board Policy for the Nutrition Services Calendar 2014/2015.

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.

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16

23

24 / 31

25 **STAFF DEVELOPMENT DAY**

26 **STAFF DEVELOPMENT DAY**

27 **Pizza - Pepperoni or Cheese**

28 **Pasta Marinara with Cheese**

29 **Crispy Taco - Chicken or Veggie**
Spanish Rice
Roasted Tomatoes
Salsa

30

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

Fresh Tomato Salsa

Yield: about 5 cups

Ingredients

3 cups Tomato,
seeded and chopped
1 cup Red Onion
1 tbsp Jalapenos
1 clove Garlic, minced
1/4 cup Cilantro, chopped
2 tbsp Lime Juice
1/2 tsp Salt
Pinch of Pepper

Preparation

Combine all ingredients. Mix well and taste for seasoning. Adjust salt and pepper for your taste.

"Happiness is a Home-Grown Tomato" by Jen Norton

September

sun	mon	tues	wed	thurs	fri	sat
	1 **LABOR DAY**	2 **Pizza - Pepperoni or Cheese**	3 **Sliced Turkey/Tofu - Sub** Lettuce, House Pickles, Crmy Herb Dressing	4 **Chicken or Veggie Tetrazzini Pasta**	5 **Quesadilla - Chicken or Veggie** Pinto Beans Fresh Salsa	6
7	8 **Hamburger/Veg Patty on WW Bun** Cole Slaw	9 **Meat Loaf/Veggie Loaf - Tomato Sauce** Peas and Carrots Bread Styx	10 **Mac and Cheese** Fresh Veg	11 **Honey Dijon Chicken or Tofu** Vital Vittles Roll	12 **Burrito - Bean & Cheese** Spanish Rice & Pinto Beans Fresh Salsa	13
14	15 **French Toast - Rst Potatoes** Fruit Compote	16 **Pulled Bbq Pork/ Veg Patty - WW Bun** Cucumber Salad	17 **Mac n' Greens - Chicken or Veggie**	18 **Tandoori Style Chicken or Tofu** Curried Cous Cous	19 **Fajitas - Chicken or Veggie, Rice** Roasted Veg Fresh Salsa	20
21	22 **Pizza - Pepperoni or Cheese**	23 **Sliced Turkey/ Tofu - Sub** Lettuce, House Pickles, Crmy Herb Dressing	24 **Pasta Marinara with Cheese**	25 **Oven Fried Chicken or Tofu** Bread Styx	26 **Nachos with Toppings** Tortilla Chips, Spanish Rice & Refried Beans Fresh Salsa	27
28	29 **Pizza - Pepperoni or Cheese**	30 **Egg Roll - Chicken or Veggie Fried Rice** Soy Sauce				

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

"Sing a Song of Persimmons" by Jen Norton

Persimmon Salad with Tangerine Sesame Vinaigrette

Yield Makes 10 to 12 servings

Ingredients

3/4 cup fresh Tangerine Juice
1 tbsp grated Tangerine Peel
3/4 cup Vegetable Oil
2 tbsp Sesame Oil
2 tbsp Rice Vinegar
1/2 tsp Salt
1/2 tsp fresh Ginger, grated
About 12 cups Napa Cabbage, torn into pieces
1 large bunch Watercress, stemmed (about 6 cups)
1 5-ounce bag Mixed Baby Greens
1/2 cup Sesame Seeds, toasted
2 Fuyu Persimmon, peeled, halved, thinly sliced

Preparation

Boil tangerine juice and tangerine peel in heavy small saucepan over medium-high heat until reduced to 1/4 cup, about 5 minutes. Transfer to medium bowl. Whisk in next 5 ingredients. Season dressing with pepper. (Can be made 1 day ahead. Cover; chill. Rewhisk before using.)

Place all greens, sesame seeds and half of persimmon slices in large bowl. Add dressing and toss to coat. Divide salad among plates. Top each with remaining persimmon slices, serve.

oCToBeR

sun	mon	tues	wed	thurs	fri	sat
			1 **Garlic Chicken/ Veggie Pasta**	2 **Balsamic Glazed Chicken or Tofu** Vital Vittles Roll	3 **Soft Taco - Chicken or Veggie** Spanish Rice & Beans Salsa	4
5	6 **Buckwheat Pancakes - Fruit Compote** Chicken/Veggie Hash	7 **Hot Dog/Veggie Dog - WW Bun** Baked Beans	8 **Stir Fry Chicken/ Edamame & Veg Lo Mein** Soy Sauce	9 **Bbq Chicken or Tofu** Vital Vittles Roll	10 **Chile Quiles - Eggs, Salsa, Cheese** Tortilla Chips & Pinto Beans Salsa	11
12	13 **STAFF DEVELOPMENT DAY**	14 **Crispy Taco - Chicken or Veggie** Beans Salsa	15 **Pulled Bbq Turkey/ Tofu - WW Bun** Shredded Lettuce	16 **Mac and Cheese** Fresh Veg	17 **Enchilada - Bean and Cheese** Spanish Rice & Corn Salsa	18
19	20 **Pizza - Pepperoni or Cheese**	21 **Hamburger/Veg Patty - WW Bun** Black Eyed Peas Salad	22 **Chicken/Veggie Pasta Cacciatore**	23 **Rst Chicken/ Tofu w Garlic Brd Crumbs** Garlic Herb Cous Cous	24 **Nachos with Toppings** Tortilla Chips, Spanish Rice & Refried Beans Salsa	25
26	27 **Pizza - Pepperoni or Cheese**	28 **Grilled Cheese Sandwich** Moroccan Carrot Salad	29 **Mac n' Greens - Chicken or Veggie**	30 **Bbq Chicken or Tofu** Cornbread	31 **Tamal** Spanish Rice & Beans Salsa	

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

"Buongiorno Spaghetti Squash" by Jen Norton

Roasted Spaghetti Squash with Parmesan Cheese

Yield: 6 servings

Ingredients

1 Spaghetti squash each (about 5 lbs)
3 Tbsp Olive oil
Salt to taste
Freshly ground Black Pepper to taste
1 cup Onion, finely chopped
2 each Garlic Cloves, minced
3/4 cup Parmesan Cheese, fresh grated

Preparation

Pre-heat oven to 400˚F. Cut the squash in half lengthwise, remove seed. Drizzle 1 tbsp of olive oil, season generously with salt and pepper. Place the squash halves cut-side up on a baking sheet and roast in center of oven until fork tender, about 50 minutes.

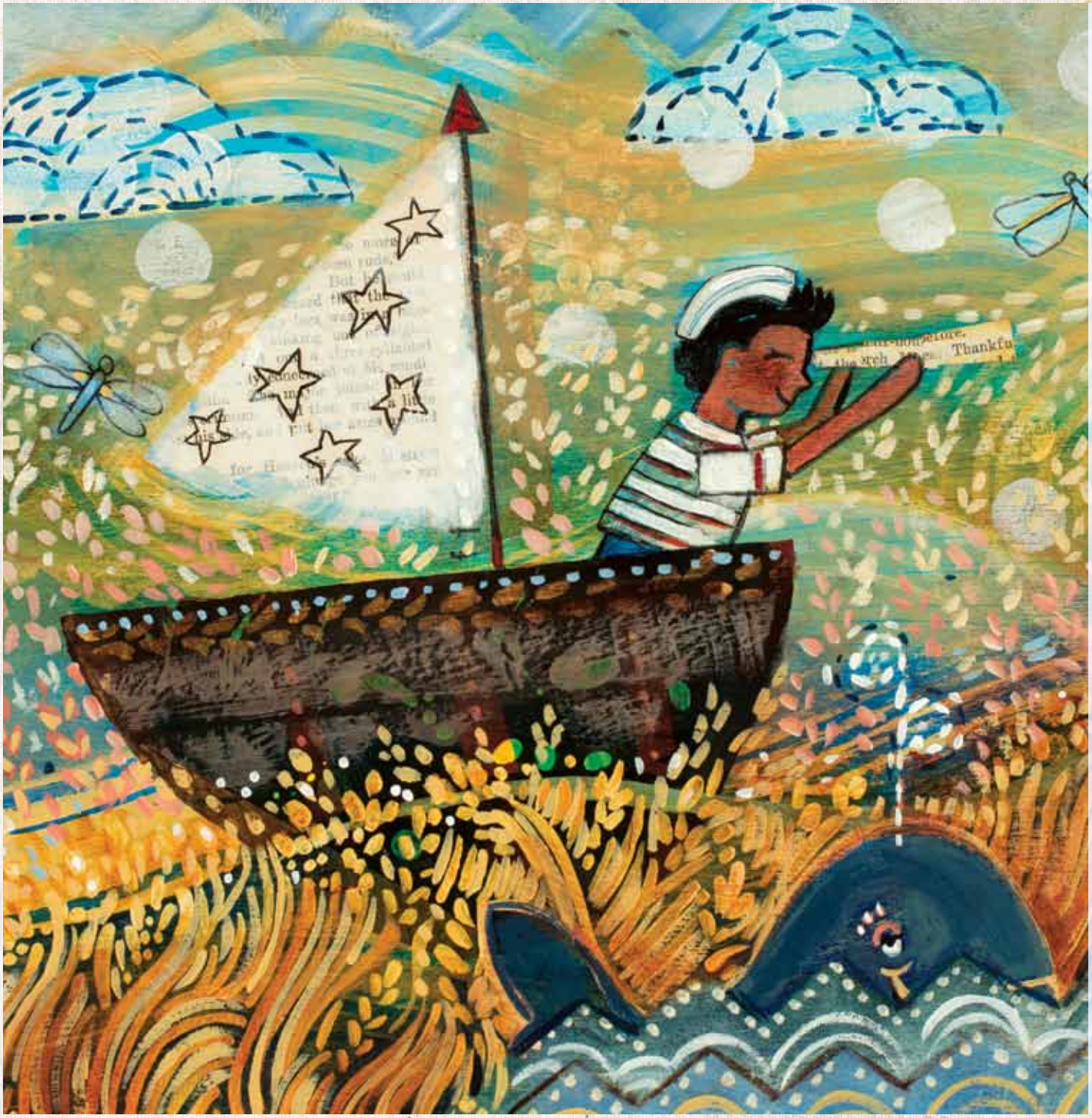
Remove squash from the oven and let sit at room temperature until cool enough to handle, about 30 minutes. Remove strands of squash from skin by scraping with fork. Discard skin.

In a large sauce pan, heat remaining olive oil and add onion. Season with salt and pepper. Lower temperature to medium and cook onions until tender. Add the garlic and cook another minute or so. Add squash. Using tongs, mix squash well with onions. Cook until squash is reheated all the way through. Remove from heat; mix in 3/4 cup cheese. Season with ground black pepper.

NovEmBeR

sun	mon	tues	wed	thurs	fri	sat
						1
2	3 **Soft Taco - Chicken or Veggie** Spanish Rice & Beans Salsa	4 **Egg Roll - Chicken or Veggie Fried Rice** Soy Sauce	5 **Garlic Chicken and Cheddar Pasta** Garlic Veggie and Cheddar Pasta	6 **Teriyaki Chicken or Tofu** Scallion Rice with Miso	7 **Fajitas - Chicken or Veggie** Roasted Veg & Spanish Rice Salsa	8
9	10 **STAFF DEVELOPMENT DAY**	11 **HOLIDAY VETERAN'S DAY**	12 **French Toast - Rst Potatoes** Fruit Compote	13 **Chicken/Tofu Creole Sub** Shredded Lettuce	14 **Pasta Marinara with Cheese** Garlic Bread Styx	15
16	17 **Pizza - Pepperoni or Cheese**	18 **Hot Dog/Veggie Dog - WW Bun** Baked Beans	19 **Mac and Cheese** Fresh Veg	20 **Pulled Bbq Pork/ Tofu on WW Bun** Roasted Spaghetti Squash	21 **Crispy Taco - Chicken or Veggie** Spanish Rice & Beans Salsa	22
23 / 30	24 **Hamburger/Veg Patty - WW Bun** Corn	25 **Open Faced Turkey/Tofu Roll with Gravy** Fresh Cranberry Relish	26 **HOLIDAY**	27 **HOLIDAY THANKSGIVING**	28 **HOLIDAY**	29

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



"Amber Waves of Grain" by Jen Norton

Cous Cous Salad

Yield: 6 servings

Ingredients

1/4 cup Olives, chopped
1/4 tsp Oregano
1/2 tsp Thyme
Zest and juice from 1 orange
1 stalk Celery, sliced
1/2 cup Red Onion, diced
1 each Carrot, shred
3 cloves Garlic
1/2 cup Curly Parsley
1/2 cup Peas, frozen
1/2 cup Sun Dried Tomatoes, chopped
3 tbsp Red Wine Vinegar
3 tbsp Olive Oil
Salt and Pepper to taste
1 tsp Mustard (Dijon)
2 cups Whole Wheat Cous Cous

Preparation

Pre-heat oven to 375°F. Toss olives, carrots, onion and celery with orange zest, oregano, thyme salt, pepper and 2 Tbsp olive oil until evenly coated. Place on cookie sheet in a single layer (you may have to do these in batches) and roast in the oven for 15 minutes until softened but still firm in texture.

Steam the cous cous: place 2 cups of cous cous in a serving bowl with the peas, sprinkle with 1 tsp of salt and 1/4 tsp of pepper, and 1/2 cup olive oil, mix well. Boil 3 cups of water and pour over dried cous cous. Cover tightly with plastic wrap and let steam for 15 minutes.

Mix the mustard, red wine vinegar and juice from 1 orange together and set aside.

When cous cous is ready, remove the plastic wrap and fluff cous cous with a fork. Add the roasted vegetables and the mustard, vinegar mixture and mix well to combine. Taste and adjust seasoning.

Serve at room temperature.

DeCEmBeR

sun	mon	tues	wed	thurs	fri	sat
	1 **Buckwheat Pancakes - Fruit Compote** Chicken/Veggie Hash Salad Bar w/Persimmon	2 **Warm Catfish/Veg Patty Sub - Lettuce & Tartar Sauce** Pickled Jalapenos	3 **Garlic Chicken/ Veggie Pasta**	4 **Honey Dijon Chicken or Tofu** Bread Styx	5 **Enchilada - Bean and Cheese** Spanish Rice & Corn Salsa	6
7	8 **Pizza - Pepperoni or Cheese**	9 **Sloppy Joe - WW Bun** Veggie Joe - WW Bun	10 **Stir Fry Chicken/ Edamame & Veg Lomein** Soy Sauce Salad Bar w/ Persimmon	11 **Rst Chicken/Tofu w Garlic Brd Crumbs** Bulgur Salad	12 **Burrito - Bean and Cheese** Spanish Rice & Pinto Beans Salsa	13
14	15 **Pizza - Pepperoni or Cheese**	16 **Hamburger/Veg Patty - WW Bun** Black Eyed Peas Salad	17 **Garlic, Chicken and Cheddar Pasta** Garlic, Veggie and Cheddar Pasta Salad Bar w/ Persimmon	18 **Oven Fried Chicken or Tofu** Fresh Veg, Rice & Gravy	19 **Chicken or Egg Salad Sandwich**	20
21	22 **WINTER RECESS**	23 **WINTER RECESS**	24 **HOLIDAY**	25 **HOLIDAY**	26 **HOLIDAY**	27
28	29 **WINTER RECESS**	30 **WINTER RECESS**	31 **HOLIDAY**			

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

"Citrus Dancers" by Jen Norton

Black Beans with Lime

Yield: 6 cups
(Tip: soak beans the night before for faster and more even cooking)

Ingredients

2 cups Dry Black Beans
6 cups Water
1 each Bay Leaf
3 each Garlic Cloves
1 1/2 tbsp Olive Oil
1 bunch Scallions
Salt to taste
Pepper to taste
1 tsp Chili Powder
1 tbsp Fresh Lime Juice

Preparation

Pick through dried black beans and remove any stones or foreign debris that may be mixed in. Place beans in a container with 6 cups of water and let soak in the refrigerator overnight. If you noticed the beans have absorbed all the water, add more.

When ready to cook beans, pour off the water. Place the beans in a medium sauce pot with 6 cups fresh water, bay leaf and garlic cloves. Bring water to a boil and reduce heat to a simmer. Cook at the lowest possible temperature, the less movement, the less the beans will break up.

Meanwhile, peel back the outer layer of the scallions and cut off the very end of the root and discard. Separate the white from the green and slice thin.

When beans are done, drain, reserving 1/3 cup of the cooking liquid and set aside. In a medium sauce pan, heat oil and add white part of the scallions and season with salt and pepper. Cook over medium heat until soft (about 3 minutes.)

Add beans, chili powder, and 1/3 cup water. Cook until warmed through, about 5 minutes. Remove from heat, and stir in lime juice; season with salt and pepper. Serve garnished with green part of scallions.

JANUARY

sun	mon	tues	wed	thurs	fri	sat
				1 **HOLIDAY**	2 **WINTER RECESS**	3
4	5 **Pizza - Pepperoni or Cheese**	6 **Hot Dog/Veggie Dog - WW Bun** Baked Beans	7 **Pasta Marinara with Cheese** Salad Bar w/ Citrus Tasting	8 **Chicken/Tofu Creole Sub** Cole Slaw	9 **Soft Taco - Chicken or Veggie** Beans with Lime Salsa	10
11	12 **Pizza - Pepperoni or Cheese**	13 **Meat Loaf/ Veggie Loaf - Tomato Sauce** Peas and Carrots Vital Vittles Roll	14 **Garlic, Chicken and Cheddar Pasta** Garlic, Veggie and Cheddar Pasta Salad Bar w/ Citrus Tasting	15 **Rst Balsamic Chicken or Tofu** Garlic Herb Cous Cous	16 **Quesadilla - Chicken or Veggie** Spanish Rice & Beans Salsa	17
18	19 **HOLIDAY MARTIN LUTHER KING DAY**	20 **French Toast - Rst Potatoes** Fruit Compote	21 **Mac and Cheese** Fresh Veg Salad Bar w/ Citrus Tasting	22 **Honey Dijon Chicken or Tofu** Vital Vittles Roll	23 **Nachos with Toppings** Tortilla Chips, Sp. Rice & Refried Beans Salsa	24
25	26 **STAFF DEVELOPMENT DAY**	27 **Pizza - Pepperoni or Cheese**	28 **Hamburger/Veg Patty - WW Bun** Corn, Salad Bar w/ Citrus Tasting	29 **Pasta Marinara with Cheese**	30 **Turkey Melt/Veg Patty - WW Bun** Roasted Brussels Sprouts	31

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

"Well-Balanced Brussels Sprouts" by Jen Norton

Roasted Brussels Sprouts

Yield: 6 servings

Ingredients

1 1/2 pounds Brussels Sprouts
3 tablespoons Olive Oil
1 tbsp Balsamic Vinegar
3/4 tsp Salt
1/2 tsp freshly ground Black Pepper

Preparation

Pre-heat oven to 375°F. Trim off the root end of the sprouts and remove outer layer of damaged and coarse leaves. Cut in half. Place brussels sprouts in a large bowl.

To the brussels sprouts, add olive oil, balsamic vinegar, salt and freshly ground black pepper and toss to coat the vegetables evenly.

Lightly oil a cookie sheet with pure olive oil or vegetable oil. Spread brussels sprouts out on the cookie sheet with the cut side down. Roast in the hot oven for 20 minutes. Remove from oven and flip the sprouts over and roast another 15 minutes or until tender all the way through.

Remove from oven and pour into a bowl. Serve immediately.

FEbRUaRY

sun	mon	tues	wed	thurs	fri	sat
1	2 **Pizza - Pepperoni or Cheese**	3 **Grilled Cheese Sandwich** Cole Slaw	4 **Mac n' Greens - Chicken or Veggie**	5 **Oven Fried Chicken or Tofu** Creamed Corn Bread Styx	6 **Fajitas - Chicken or Veggie** Roasted Veg Spanish Rice Salsa	7
8	9 **Hamburger/Veg Patty - WW Bun** Black Eyed Peas Salad	10 **Chili, Cheese Bowl, Cornbread and Rice** Sour Cream Green Onion	11 **Chicken or Veggie Tetrazzini Pasta**	12 **Pulled Bbq Pork/ Veg Patty - WW Bun** Roasted Sweet Potatoes	13 **HOLIDAY LINCOLN'S BIRTHDAY VALENTINE'S DAY**	14
15	16 **HOLIDAY PRESIDENT'S DAY**	17 **Pizza - Pepperoni or Cheese**	18 **Mac and Cheese** Roasted Brussels Sprouts	19 **Egg Roll - Chicken or Veggie Fried Rice** Soy Sauce	20 **Enchilada - Bean and Cheese** Spanish Rice & Corn Salsa	21
22	23 **Pizza - Pepperoni or Cheese**	24 **Sliced Turkey/ Tofu - Sub** Lettuce, House Pickles, Crmy Herb Dressing	25 **Pasta Marinara with Cheese**	26 **Bbq Chicken or Tofu** Cornbread Potato Salad	27 **Crispy Taco - Chicken or Veggie** Spanish Rice & Beans Salsa	28

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

"And the Beet Goes 'Round" by Jen Norton

Pickled Beets

Yield: 4 servings

Ingredients

Bunch (4 or 5) Beets
2 each Orange, juice and zest
1/4 cup Cider Vinegar
2 tbsp Olive oil
1/2 tsp Dry mustard
Salt and pepper to taste

Preparation

Preheat oven to 400°F. Remove greens from beets. Place in roasting pan, season with salt and pepper and toss with 1 tbsp olive oil. Add about 1 cup of water to the pan. Cover pan with aluminum foil and cook about 1 hour or until a knife inserted slides out easily. Remove beets from the oven and allow to cool before handling.

Meanwhile, zest the two oranges and set aside for later. Squeeze the two oranges and pour the juice into a small sauté pan. Reduce the juice to 1/4 cup.

Make the vinaigrette by combining the reduced orange juice, orange zest, cider vinegar, olive oil, and dry mustard. Using a whisk blend the ingredients together to form an emulsion. Add salt and pepper to taste.

Peel beets, either wear gloves or use a clean disposable towel (beets will stain) by rubbing off the skin. Use a paring knife to scrape off bits of skin that are stuck at the scars. Cut beets into small wedges, slices or dice depending on how you wish to serve them. Place beets in a bowl and set aside.

Dress beets with vinaigrette in a bowl and marinate for half an hour at room temperature, or prepare a day in advance and refrigerate.

MARCH

sun	mon	tues	wed	thurs	fri	sat
1	2 **Buckwheat Pancakes - Fruit Compote** Chicken/Veggie Hash	3 **Sloppy Joe - WW Bun** Veggie Joe - WW Bun	4 **Garlic, Chicken and Cheddar Pasta** Garlic, Veggie and Cheddar Pasta Bread Styx Salad Bar w/ Fresh Beets	5 **Rst Chicken/Tofu w/ Garlic Brd Crumbs** Bulgur Salad	6 **Quesadilla - Chicken or Veggie** Spanish Rice & Beans Salsa	7
8	9 **Pizza - Pepperoni or Cheese**	10 **Grilled Cheese Sandwich** Moroccan Carrot Salad	11 **Stir Fry Chicken/ Edamame & Veg Lo Mein** Soy Sauce Salad Bar w/ Fresh Beets	12 **Honey Dijon Chicken or Tofu** Garlic Pita Chips	13 **Burrito - Bean and Cheese** Spanish Rice & Pinto Beans Salsa	14
15	16 **Pizza - Pepperoni or Cheese**	17 **ST. PATRICK'S DAY** **Shepherd's Pie - Beef or Veggie** Vital Vittles Roll	18 **Pasta Marinara with Cheese** Salad Bar w/ Fresh Beets	19 **Rst Balsamic Chicken or Tofu** Garlic Herb Cous Cous	20 **Nachos with Toppings** Tortilla Chips, Spanish Rice & Refried Beans, Salsa	21
22	23 **Crispy Taco - Chicken or Veggie** Spanish Rice, Beans Salsa	24 **Hamburger/Veg Patty - WW Bun** Black Eyed Peas Salad	25 **Mac and Cheese** Fresh Veg Salad Bar w/ Fresh Beets	26 **Oven Fried Chicken or Tofu** Vital Vittles Roll	27 **Chicken Salad or Egg Salad Sandwich**	28
29	30 **SPRING RECESS SCHOOL CLOSED**	31 **SPRING RECESS SCHOOL CLOSED**				

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

"SWE E E E E T Peas!" by Jen Norton

Sugar Snap Pea and Tomato Salad

Yield: 8 servings

Ingredients

1 lb Yellow Wax Beans (string beans)
1/4 cup Extra Virgin Olive Oil
2 each Shallots, medium, chopped
2 tbsp Fresh Mint, chopped
Salt and Freshly ground black pepper to taste
1 pint Cherry tomatoes, halved
1 lb Sugar Snap Peas

Preparation

Bring a pot of water to a boil, add salt to the water, enough to season. When the water has come to a boil, plunge the wax beans into the water all at once. When the water returns to a full rolling boil, beans should be done. Remove immediately from the fire, drain off the water and set beans aside. Spread out on a large tray to cool.

In a small bowl, whisk the olive oil with the shallots and mint and season with salt and pepper. Place the beans, tomatoes and snap peas in a large bowl. Add the dressing and toss well.

APRIL

sun	mon	tues	wed	thurs	fri	sat
			1 **SPRING RECESS SCHOOL CLOSED**	2 **SPRING RECESS SCHOOL CLOSED**	3 **SPRING RECESS HOLIDAY**	4
5	6 **Pizza - Pepperoni or Cheese**	7 **Hot Dog/Veggie Dog - WW Bun** Baked Beans	8 **Pasta Marinara with Cheese**	9 **Turkey Melt/Tofu - WW Bun** Moroccan Carrot Salad	10 **Quesadilla - Chicken or Veggie** Beans Salsa	11
12	13 **Hamburger/Veg Patty - WW Bun** Roasted Potatoes	14 **Chili, Cheese Bowl, Cornbread and Rice** Sour Cream Green Onion	15 **Garlic, Chicken and Cheddar Pasta** Garlic, Veggie and Cheddar Pasta	16 **Tandoori Style Chicken or Tofu** Curried Cous Cous w/ Snap Peas	17 **Soft Taco - Chicken or Veggie** Spanish Rice & Beans Salsa	18
19	20 **Pizza - Pepperoni or Cheese**	21 **Egg Roll - Chicken or Veggie Fried Rice** Soy Sauce	22 **Mac and Cheese** Fresh Veg	23 **Rst Chicken/ Tofu w/Garlic Brd Crumbs** Vital Vittles Roll	24 **Chile Quiles - Eggs, Salsa and Cheese** Tortilla Chips Pinto Beans & Rice Salsa	25
26	27 **Pizza - Pepperoni or Cheese**	28 **Pulled Bbq Pork/ Tofu on WW Bun** Cucumber Salad	29 **Garlic Chicken/ Veggie Pasta**	30 **Bbq Chicken or Tofu** Cornbread Snap Pea Salad		

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

"Jump into Veggies" by Jen Norton

Greek Style Chicken Salad Wraps

Yield: 6 wraps

Ingredients

1/8 cup Red Wine Vinegar
1/2 tsp Dijon Mustard
1/2 cup Extra Virgin Olive Oil
1 tsp Oregano, dried
6 cups Spinach or other salad greens
1 1/2 cups Italian Flat Leaf Parsley leaves
1 pint Cherry Tomatoes
1 1/2 cups Cucumber slices
1 each Sliced Red Peppers
1/4 cup Red Onion, sliced thin
1 cup Kalamata Olives, pitted
1 1/2 cups Large White Beans
6 each Wrap 10"
3/4 lb Chicken, cooked and sliced
1 cup Greek Feta Cheese, crumbled

Preparation

In a small bowl, combine vinegar and Dijon mustard. Whisk in the olive oil and season with salt and freshly ground black pepper.

Toss the spinach, parsley, tomatoes, cucumbers, peppers, onions, olives and white beans with enough dressing to gently coat evenly.

Heat wraps either by steaming, grilling or in a non-stick sauté pan.

To assemble, place 2 cups of salad on each wrap, place the chicken (warm or cold) on top and sprinkle with feta cheese. Left-over dressing can be drizzled on the chicken if you desire. Fold the wrap by folding in the sides and rolling. For added convenience, you can wrap the wrap in sandwich parchment paper (wax paper will do) to help keep them from falling apart while eating, much like a burrito.

MAY

sun	mon	tues	wed	thurs	fri	sat
					1 **Tamal** Spanish Rice & Beans Salsa	2
3	4 **Buckwheat Pancakes - Fruit Compote** Chicken/Veggie Hash	5 **Burrito - Bean & Cheese** Spanish Rice & Pinto Beans, Salsa	6 **Chicken/Veggie Pasta Cacciatore** Garlic Bread Styx	7 **Teriyaki Chicken or Tofu** Scallion Rice with Miso	8 **Baja Taco - Catfish or Veggie** Cabbage Slaw & Rice Baja Sauce	9
10	11 **Pizza - Pepperoni or Cheese**	12 **Sloppy Joe - WW Bun** Veggie Joe - WW Bun	13 **Mac n' Greens - Chicken or Veggie**	14 **Honey Dijon Chicken or Tofu** Bulgur Salad	15 **Quesadilla - Chicken or Veggie** Spanish Rice & Pinto Beans Salsa	16
17	18 **HOLIDAY** **MALCOLM X'S BIRTHDAY**	19 **French Toast - Rst Potatoes** Fruit Compote	20 **Burrito - Bean & Cheese** Spanish Rice & Pinto Beans Salsa	21 **Pasta Marinara with Cheese**	22 **Hamburger/Veg Patty - WW Bun** Cole Slaw	23
24 / 31	25 **HOLIDAY** **MEMORIAL DAY**	26 **Pizza - Pepperoni or Cheese**	27 **Mac and Cheese** Fresh Veg	28 **Sliced Turkey/Tofu - Sub** Lettuce, House Pickles, Crmy Herb Dressing	29 **Crispy Taco - Chicken or Veggie** Spanish Rice & Beans Salsa	30

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"Summer Fun Zucchini" by Jen Norton

Zucchini Crisps

Yield: 4 servings

Ingredients

1 cup Panko, Japanese style bread crumbs
1/2 cup Grated Parmesan Cheese
1/4 tsp Dried Thyme
1/2 cup Vegetable Oil
2 each Zucchini, sliced 1/4" thick rounds
2 each Eggs, lightly beaten
Salt and freshly ground Black Pepper to taste
1 Lemon, cut into wedges

Preparation

In a large bowl, combine Panko, Parmesan cheese and dried thyme, set aside.

Heat vegetable oil in a large skillet over medium heat. Meanwhile, dredge zucchini rounds in flour, then dip into eggs, then dredge in panko mixture. Press bread crumbs into the rounds to stick.

Pan fry zucchini rounds to the skillet, carefully putting them in so as not to splash hot oil on your hands. Cook until evenly golden brown and crispy about a minute, then turn over to repeat the process. Remove from the oil and drain on a paper towel, immediately sprinkling with salt and pepper (it sticks better if you do this right away).

Serve with lemon wedges right after cooking.

June

sun	mon	tues	wed	thurs	fri	sat
	1 **Pizza - Pepperoni or Cheese**	2 **Pulled Bbq Pork/Tofu - WW Bun** Cucumber Salad	3 **Garlic, Chicken and Cheddar Pasta** Garlic, Veggie and Cheddar Pasta	4 **Oven Fried Chicken or Tofu** Curried Cous Cous	5 **Fajitas - Chicken or Veggie** Roasted Zucchini & Onions, Rice Salsa	6
7	8 **Chef's Choice**	9 **Chef's Choice**	10 **Chef's Choice**	11 **Chef's Choice**	12 **Chef's Choice** **LAST DAY OF SCHOOL**	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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

JULY

sun	mon	tues	wed	thurs	fri	sat
			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	

BUSD Nutrition Services 2014-2015 Menu

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

MEAL PRICES

Breakfast

Adult	$3.00
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)	$5.00
Adult (High School)	$5.00
Elementary	$3.25
Middle School	$3.75
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.

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.
- 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.

EZSchoolPay.com EZMealApp.com

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.
- Sending the recommended amount of $61.75 ($71.25 for middle school and $80.75 for high school) will pay for 20 lunches.
- Contact the cafeteria as needed to check on your child's balance before it gets low.

ELEMENTARY SCHOOL

BREAKFAST MENU

Sample Month, Two-Week Cycles

sun	mon	tues	wed	thurs	fri	sat
	Cereal String Cheese Fresh Fruit Milk	**Muffin** Fresh Fruit Milk	**Granola Bar** Yogurt Fresh Fruit Milk	**Pumpkin or Banana Bread** Fresh fruit Milk	**Whole Wheat Bagel** Cream Cheese 100% Fruit Juice Milk	
	Cereal String Cheese Fresh Fruit Milk	**Scone** Fresh Fruit Milk	**Granola Bar** Yogurt Fresh Fruit Milk	**Muffin-Bread Project** Pumpkin Seeds Fresh Fruit Milk	**Whole Wheat Bagel** Cream Cheese 100% Fruit Juice Milk	
	Cereal String Cheese Fresh Fruit Milk	**Muffin** Fresh Fruit Milk	**Granola Bar** Yogurt Fresh Fruit Milk	**Pumpkin or Banana Bread** Fresh fruit Milk	**Whole Wheat Bagel** Cream Cheese 100% Fruit Juice Milk	
	Cereal String Cheese Fresh Fruit Milk	**Scone** Fresh Fruit Milk	**Granola Bar** Yogurt Fresh Fruit Milk	**Muffin-Bread Project** Pumpkin Seeds Fresh Fruit Milk	**Whole Wheat Bagel** Cream Cheese 100% Fruit Juice Milk	

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

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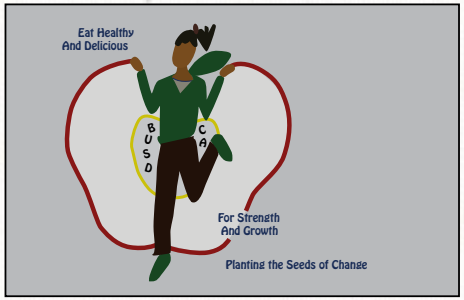
School Lunch Initiative



Design and artwork by Jen Norton

www.JenNortonArtStudio.com