

# 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, dyes, 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 turkey 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.

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## 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

## 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.
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

6

13

20

27

28

30

31



"Cherry Tomatoes: \$1" © Jen Norton

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# tomato frittata

Susanne Jensen  
Willard Middle School

## INGREDIENTS:

- 1 onion, chopped
- 4 cloves of garlic, minced
- 1 tablespoon olive oil
- 6 eggs
- ½ cup milk (soy or rice milk can be used as well)
- 1 teaspoon salt
- ½ teaspoon fresh ground pepper
- 2 tomatoes thinly sliced

## PREPARATION:

1. Preheat oven to 400F.
2. Heat oil in cast iron pan. Add onion and garlic and sauté for about two minutes.
3. Whisk together eggs, milk, salt, and pepper.
4. Add egg mixture to onion and garlic and place tomato slices on top.
5. Put the pan in the 400F oven and bake for 15-20 minutes or until egg mixture has browned lightly and is firm.

**Makes 6 Servings.**

## Nutrition Information per Serving:

Calories: 109, Carbohydrate: 5g, Protein: 7g, Total Fat: 7g, Saturated Fat: 2g, Cholesterol: 187mg, Sodium: 461mg, Dietary Fiber: 1g

# September

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Aug 29**

**STAFF  
DEVELOPMENT  
DAY**

**30** **Pizza - Pepperoni or Cheese**

Salad Bar  
Milk  
Fresh Fruit

**31** **Pasta Marinara with Cheese**

Salad Bar  
Milk  
Fresh Fruit

**1** **Tomato Frittata - Garlic Bread**

Salad Bar  
Milk  
Fresh Fruit

**2** **Burritos - Meat or Bean & Cheese**

Salad Bar  
Milk  
Fresh Fruit  
Salsa

**3**

**4**

**5**

**HOLIDAY  
LABOR DAY**

**6** **Pizza - Shroom & Olive or Cheese**

Salad Bar  
Milk  
Fresh Fruit

**7** **Chicken or Veggie Tetrazini Pasta**

Salad Bar  
Milk  
Fresh Fruit

**8** **Pulled Pork/Veg Patty on WW Bun**

Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

**9** **Tacos - Meat or Bean & Cheese**

Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa

**10**

**11**

**12** **Pizza - Pepperoni or Cheese**

Salad Bar  
Milk  
Fresh Fruit

**13** **Egg Rolls - Chicken or Veggie Fried Rice**

Salad Bar  
Milk  
Fresh Fruit  
Soy Sauce

**14** **Mac and Cheese**

Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

**15** **Honey Dijon Chicken or Veg Patty**

Morrocان Carrot Salad  
Roll  
Salad Bar  
Milk  
Fresh Fruit

**16** **Nachos with Toppings**

Tortilla Chips  
Spanish Rice & Beans  
Salad Bar  
Milk, Fresh Fruit  
Salsa

**17**

**18**

**19** **Grilled Cheese Sandwich**

Apple Sauce  
Salad Bar  
Milk  
Fresh Fruit

**20** **Tomato Frittata - Garlic Bread**

Salad Bar  
Milk  
Fresh Fruit

**21** **Garlic Chicken Pasta or Veggie Garlic Pasta w/Cheese**

Salad Bar  
Milk  
Fresh Fruit

**22** **Tandoori Chicken or Veg Estrada**

Cous Cous & Lentils  
Salad Bar  
Milk  
Fresh Fruit

**23** **Quesadillas - Chicken or Veggie**

Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa

**24**

**25**

**26** **Pizza - Pepperoni or Cheese**

Salad Bar  
Milk  
Fresh Fruit

**27** **Chicken or Veg Cacciatore, Hoagie**

Salad Bar  
Milk  
Fresh Fruit

**28** **Pasta Marinara with Cheese**

Salad Bar  
Milk  
Fresh Fruit

**29** **Oven Fried Chicken or Veg Patty**

Macaroni Salad  
Salad Bar  
Milk  
Fresh Fruit

**30** **Burritos - Meat or Bean & Cheese**

Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa



“Three Italian Pears” © Jen Norton

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## CINNAMON PEAR SAUCE

**Khadijah Sanders**  
for Longfellow Middle School

### INGREDIENTS:

- 7 large pears, quartered and cored (about 5 lbs)
- 1 lemon, zested and juiced (about 3 tablespoons)
- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup turbinado sugar or brown rice syrup
- $\frac{1}{4}$  teaspoon ground cinnamon

### PREPARATION:

1. Combine water, lemon juice, and lemon zest in a large, heavy-bottomed, non-reactive pan. Quarter and core the pears, adding the pear pieces to the mixture as you work to prevent browning. The peel on some varieties of pears may be tougher than on others.
2. Heat the pears and liquid mixture to a strong simmer and cook for about 10 minutes or until the pears become tender. At this point, gently smash the pear quarters with a potato masher.
3. Simmer for 10 more minutes. Let mixture cool completely and puree in a blender. Alternatively, you can use an immersion blender to puree in the pot.
4. When the mixture is smooth, continue to simmer, adding sugar and cinnamon. As the mixture cooks, it will reduce, and the natural sweetness of your pears will be released.
5. Simmer until it has reached your preferred thickness, stirring often to keep the sauce from sticking to the bottom of the pan.

**Makes 12 Servings,  $\frac{1}{2}$  cup per person**

# OCTOBER

**Nutrition Information per Serving:**  
 Calories: 80, Carbohydrate: 22g, Protein: 1g,  
 Total Fat: 0g, Saturated Fat: 0g, Cholesterol:  
 0mg, Sodium: 3mg, Dietary Fiber: 4g

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

2

**3 Pizza - Shroom & Olive or Cheese**

Salad Bar w/ Cinnamon  
 Pear Sauce  
 Milk  
 Fresh Fruit

**4 Meatloaf or Gardenloaf - Mashers, Roll**

Salad Bar  
 Milk  
 Fresh Fruit

**5 Pasta Marinara with Cheese**

Salad Bar  
 Milk  
 Fresh Fruit

**6 Orange Chicken or Edamame**

Veggie Lo Mein Noodles  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Soy Sauce

**7 Tacos - Meat or Veggie**

Spanish Rice & Beans  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Salsa

1

8

9

10

**Staff Development Day**

**11 Pizza - Pepperoni or Cheese**

Salad Bar w/ Cinnamon  
 Pear Sauce  
 Milk  
 Fresh Fruit

**12 Mac and Cheese**

Fresh Veg  
 Salad Bar  
 Milk  
 Fresh Fruit

**13 BBQ Chicken or Tofu**

Red Beans w/ Rice  
 Salad Bar  
 Milk  
 Fresh Fruit

**14 Tamales - Meat or Chile Cheese**

Spanish Rice & Beans  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Salsa

15

16

**17 Pizza - Pepperoni or Cheese**

Salad Bar w/ Cinnamon  
 Pear Sauce  
 Milk  
 Fresh Fruit

**18 Hamburger/Veggie Burger**

Black Eyed Peas Salad  
 Salad Bar  
 Milk  
 Fresh Fruit

**19 Chicken or Veggie Pasta Tetrizini**

Salad Bar  
 Milk  
 Fresh Fruit

**20 Pulled Turkey/Veg Patty, WW Bun**

Fresh Veg  
 Salad Bar  
 Milk  
 Fresh Fruit

**21 Enchilada Pie - Chicken or Veggie**

Beans  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Salsa

22

23

**24 Hot Dog/Veggie Dog - Baked Beans**

Salad Bar w/ Cinnamon  
 Pear Sauce  
 Milk  
 Fresh Fruit

**25 Chicken/Veg Cacciatore with Garlic Bread, Rice**

Salad Bar  
 Milk  
 Fresh Fruit

**26 Garlic Chicken Pasta or Garlic Veggie Pasta w/Cheese**

Salad Bar  
 Milk  
 Fresh Fruit

**27 Chicken w/Garlic Brd Crumbs or Veg Patty**

Cous Cous, Fresh Veg  
 Salad Bar  
 Milk  
 Fresh Fruit

**28 Nachos - Beef or Bean & Cheese**

Tortilla Chips, Beans  
 Salsa  
 Salad Bar  
 Milk  
 Fresh Fruit

29

30

**31 Pizza - Shroom & Olive or Cheese**

Salad Bar  
 Milk  
 Fresh Fruit



"The Butternuts" © Jen Norton

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## three sisters' succotash

**Carrie Fehr**  
Rosa Parks and Washington  
Elementary

### INGREDIENTS:

- 1 tablespoon canola oil
- 1 red onion, chopped
- 2 cloves of garlic, minced
- 1 cup butternut squash, diced
- ½ lb green beans, cut into ½" pieces
- 4 ears corn, kernels cut from cob
- ½ teaspoon salt

### PREPARATION:

1. Heat oil in a large skillet. Sauté the onion until soft. Add the garlic and stir-fry for one minute.
2. Add the butternut squash, green beans, and corn and stir-fry about 5-8 minutes. Season with salt.

**Makes 8 Servings.**

### Nutrition Information per Serving:

Calories: 77, Carbohydrate: 14g, Protein: 2g, Total Fat: 2g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 155mg, Dietary Fiber: 3g

# NOVEMBER

SUNDAY



MONDAY



TUESDAY

**1 Grilled Cheese Sandwich**  
Apple Sauce  
Salad Bar  
Milk  
Fresh Fruit

WEDNESDAY

**2 Pasta Marinara with Cheese**  
Salad Bar  
Milk  
Fresh Fruit

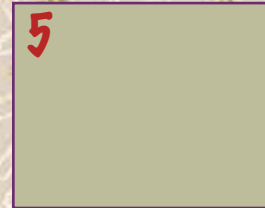
THURSDAY

**3 Honey Dijon Chicken or Veg Patty - Roll**  
Three Sisters' Succotash  
Salad Bar  
Milk  
Fresh Fruit

FRIDAY

**4 Burritos - Meat or Bean & Cheese**  
Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa

SATURDAY



**7 French Toast**  
Roasted Potatoes  
Salad Bar  
Milk  
Fresh Fruit

**8 Chicken or Eggplant Parmesan - WW Bun**  
Salad Bar  
Milk  
Fresh Fruit

**9 Mac and Cheese**  
Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

**10**  
**Parent Conference Day**  
**Secondary Staff Development Day**

**11**  
**HOLIDAY VETERAN'S DAY**



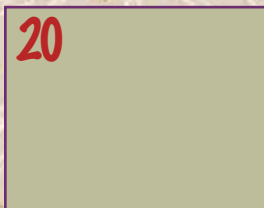
**14 Pizza - Pepperoni or Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**15 Hamburger/Veggie Burger**  
Black Eyed Peas Salad  
Salad Bar  
Milk  
Fresh Fruit

**16 Garlic Chicken Pasta or Garlic Veggie Pasta w/ Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**17 BBQ Chicken or Egg Salad Sandwich**  
Three Sisters' Succotash  
Rice  
Salad Bar  
Milk  
Fresh Fruit

**18 Tacos - Meat or Veggie**  
Spanish Rice & Beans  
Salad Bar  
Salsa  
Milk  
Fresh Fruit



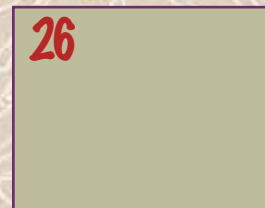
**21 Pizza - Pepperoni or Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**22 Pulled Pork or Veg Patty on WW Bun**  
Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

**23**  
**HOLIDAY**

**24**  
**HOLIDAY THANKSGIVING**

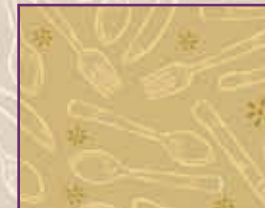
**25**  
**HOLIDAY**



**28 Pizza - Pepperoni or Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**29 Hot Dog/Veggie Dog - Baked Beans**  
Baked Beans  
Salad Bar  
Milk  
Fresh Fruit

**30 Pasta Marinara with Cheese**  
Salad Bar  
Milk  
Fresh Fruit





“Pepperoni Pizza” © Jen Norton

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## pizza with Leeks, potatoes, & mushrooms

**Carrie Fehr**

Rosa Parks and Washington  
Elementary

### INGREDIENTS:

- 1 whole grain pizza bread
- 1 tablespoon olive oil
- 2 leeks, white part only, sliced thinly
- 1 pound mushrooms, stems removed with caps cut into slices
- 2 cloves garlic, minced
- 6 medium potatoes, boiled, skin removed, cut into slices
- 4 ounces provolone cheese, grated
- ½ teaspoon salt

### PREPARATION:

1. Preheat oven to 350F.
2. Heat ½ tablespoon of the olive oil in a skillet over medium heat and sauté leeks for about 5 minutes. Remove from heat and set aside.
3. Heat ½ tablespoon of the olive oil in another skillet over high heat and sauté the mushrooms for 5 minutes. Lower the heat to medium, stir and add the garlic. Season with salt and cook until the mushrooms shrink down. This will take about 5 minutes.
4. Cover the pizza bread with leeks, mushrooms, and potato slices. Sprinkle the grated cheese on top.
5. Bake the pizza for 8-10 minutes, until the cheese is melted and crust is golden. Remove it from the oven and serve.

**Makes 8 Servings.**

# December

**Nutrition Information per Serving:**  
 Calories: 324, Carbohydrate: 117g, Protein: 11g, Total Fat: 7g, Saturated Fat: 3g, Cholesterol: 10mg, Sodium: 726mg, Dietary Fiber: 14g

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**1 Teriyaki Chicken or Edamame**  
 Veggie LoMein Noodles  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Soy Sauce

**2 Tamales - Meat or Chile Cheese**  
 Spanish Rice & Beans  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Salsa



**5 Pizza - Pepperoni or Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**6 Sloppy Joe or Veggie Joe - WW Bun**  
 Salad Bar  
 Milk  
 Fresh Fruit

**7 Mac and Cheese**  
 Fresh Veg  
 Salad Bar  
 Milk  
 Fresh Fruit

**8 Pulled Turkey/Veg Patty on WW Bun**  
 Salad Bar  
 Milk  
 Fresh Fruit

**9 Quesadillas - Chicken or Veggie**  
 Beans  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Salsa



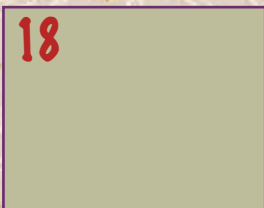
**12 Pizza - Shroom & Olive or Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**13 Hamburger or Veggie Burger - Cole Slaw**  
 Salad Bar  
 Milk  
 Fresh Fruit

**14 Chicken or Veggie Tetrazini Pasta**  
 Fresh Veg  
 Salad Bar  
 Milk  
 Fresh Fruit

**15 Chicken w/Garlic Brd Crumbs or Veg Estrada**  
 Bulgar w/ Lemon and Herbs, Salad Bar  
 Milk  
 Fresh Fruit

**16 Tuna Salad Sandwiches**  
 Salad Bar  
 Milk  
 Fresh Fruit



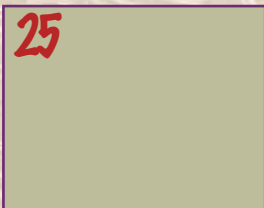
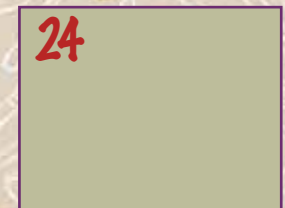
**19** ❄️  
 WINTER BREAK  
 SCHOOL CLOSED

**20** ❄️  
 SCHOOL CLOSED

**21** ❄️  
 SCHOOL CLOSED

**22** ❄️  
 HOLIDAY

**23** ❄️  
 HOLIDAY



**26** ❄️  
 HOLIDAY

**27** ❄️  
 SCHOOL CLOSED

**28** ❄️  
 SCHOOL CLOSED

**29** ❄️  
 SCHOOL CLOSED

**30** ❄️  
 NEW YEAR'S  
 HOLIDAY





“Four Persimmons” © Jen Norton

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## LUNAR NEW YEAR stir fry with CITRUS SAUCE

**Carrie Orth**

Emerson and John Muir Elementary

### INGREDIENTS:

- 6 baby bok choy, sliced into ribbons, across the stem
- 1 small head of Napa cabbage, sliced into ribbons, across the stem
- 2 small heads of broccoli, sliced into bite-sized pieces with flower and stem on each piece
- 2 cloves garlic, minced
- 1 1-inch piece of fresh ginger, minced
- ½ lb Shiitake mushrooms, cut into bite-sized pieces
- 2 tablespoons sesame oil
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon rice wine vinegar
- 6 green onions, thinly sliced
- 1 tangerine, juiced

### PREPARATION:

1. Heat the sesame oil until just smoking, add the garlic, and ginger. Stir quickly to avoid burning.
2. Add the vegetables, and stir.
3. Cover pan with lid, or upside-down metal bowl, to steam vegetables.
4. Add the soy sauce and rice wine vinegar. Stir gently. Take care not to overcook – vegetables should be bright green with some “crunch”!
5. Serve on rice, top with tangerine juice and green onions.

**Makes 8 Servings.**

# January

**Nutrition Information per Serving:**  
 Calories: 201, Carbohydrate: 32g, Protein: 16g,  
 Total Fat: 5g, Saturated Fat: 1g, Cholesterol:  
 0mg, Sodium: 604mg, Dietary Fiber: 11g

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

1

2

HOLIDAY

3

**Pizza - Pepperoni or Cheese**

Salad Bar  
Milk  
Fresh Fruit

4

**Hot Dog/Veggie Dog**  
Baked Beans

Salad Bar  
Milk  
Fresh Fruit

5

**BBQ Chicken or Veggie Patty Sandwich on WW Bun**

Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

6

**Burritos - Meat or Bean & Cheese**

Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa

7

8

9

**Pizza - Pepperoni or Cheese**

Salad Bar  
Milk  
Fresh Fruit

10

**Chicken or Veggie Cacciatore**

Garlic Bread  
Salad Bar  
Milk  
Fresh Fruit

11

**Mac and Cheese**  
Fresh Veg

Salad Bar w/ Citrus  
Tasting  
Milk  
Fresh Fruit

12

**Pulled Turkey/Veg Patty - WW Bun**

Salad Bar  
Milk  
Fresh Fruit

13

**Enchilada Pie - Chicken or Veggie**

Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit

14

15

16

MARTIN LUTHER KING DAY

17

**Pizza - Cheese**  
Salad Bar

Milk  
Fresh Fruit

18

**Garlic Chicken Pasta or Garlic Veggie Pasta w/Cheese**

Salad Bar w/ Citrus  
Tasting  
Milk  
Fresh Fruit

19

**Honey Dijon Chicken or Veg Patty - Pita**

**Chips**  
Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

20

**Tamales - Chicken or Chile Cheese**

Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa

21

22

23

**CHINESE NEW YEAR**  
**Egg Rolls - Chicken or Veg LoMein**

Salad Bar  
Milk  
Fresh Fruit  
Soy Sauce

24

**Sloppy Joe or Veggie Joe - WW Bun**

Salad Bar  
Milk  
Fresh Fruit

25

**Pasta Marinara with Cheese**

Salad Bar w/ Citrus  
Tasting  
Milk  
Fresh Fruit

26

**Tandoori Style Chicken or Tofu**

Cous Cous & Lentils  
Salad Bar  
Milk  
Fresh Fruit

27

**Quesadillas - Chicken or Bean & Cheese**

Spanish Rice & Beans  
Salad Bar  
Milk, Fresh Fruit  
Salsa

28

29

30

STAFF DEVELOPMENT DAY

31

**Pizza - Pepperoni or Cheese**

Salad Bar  
Milk  
Fresh Fruit



“Cauliflower March” © Jen Norton

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## caLdo verde with GARLIC CROUTONS

**Kathy Russell, Le Conte**

Caldo verde or green broth is a popular soup of Portuguese origin. This version is topped off with tasty garlic croutons.

### **INGREDIENTS:**

- 3 tablespoons olive oil
- 1 onion, diced
- 8 cloves garlic, minced
- 4 cups water
- 4 cups vegetable stock
- 4 Russet potatoes, sliced
- Juice of 1 lemon
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 cups shredded collards and kale, about 2 bunches
- 1 pinch red pepper flakes or smoked paprika for a milder taste (optional)
- 6 slices of sourdough bread or ½ a baguette

### **PREPARATION:**

1. Preheat oven to 375F.
2. Heat two tablespoons of oil over medium heat in a large heavy bottomed pot. Add onions and cook until transparent and soft, but not brown.
3. Add half of the garlic and stir until fragrant.
4. Add potatoes and smoked paprika if using. Sauté for 3-5 minutes.
5. Stir in stock and water and bring to a boil. Cook until potatoes are soft. Remove pot from heat and mash potatoes.

*continued on back cover...*

# february

SUNDAY



MONDAY



TUESDAY



WEDNESDAY

**1** **Chicken or Veggie Tetrizini Pasta**  
Salad Bar  
Milk  
Fresh Fruit

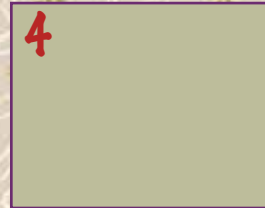
THURSDAY

**2** **BBQ Chicken or Veg Patty**  
Corn bread, Cole Slaw  
Salad Bar  
Milk  
Fresh Fruit

FRIDAY

**3** **Tacos - Chicken or Veggie**  
Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa

SATURDAY



**5**



**6** **Pizza - Shroom & Olive or Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**7** **Chicken or Veggie Cacciatore**  
Rice & Garlic Bread  
Salad Bar  
Milk  
Fresh Fruit

**8** **Mac and Cheese**  
Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

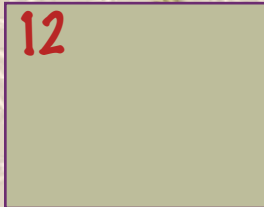
**9** **Oven Fried Chicken or Veg Patty**  
Creamed Corn, Roll  
Salad Bar  
Milk  
Fresh Fruit

**10** **Nachos with Toppings**  
Tortilla Chips, Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa

**11**



**12**



**13** **Pizza - Pepperoni or Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**14** **VALENTINE'S DAY Cuban Style Chicken or Tofu**  
Rice & Black Beans  
Salad Bar  
Milk  
Fresh Fruit

**15** **Garlic, Bacon and Chicken Pasta**  
Veggie Garlic Pasta & Cheese  
Salad Bar  
Milk  
Fresh Fruit

**16** **Catfish Sub, Lettuce & Tartar Sauce**  
Sweet Potato Fries  
Salad Bar  
Milk  
Fresh Fruit

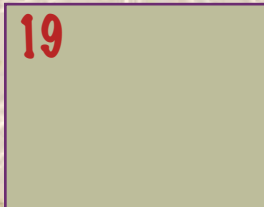
**17**

**LINCOLN'S BIRTHDAY**

**18**



**19**



**20**  
**PRESIDENT'S DAY**

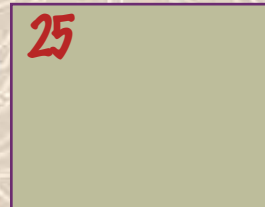
**21** **Pizza - Pepperoni or Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**22** **Pasta Marinara w/ Cheese**  
Salad Bar  
Milk  
Fresh Fruit

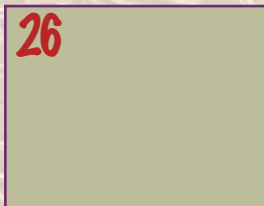
**23** **Pulled Pork/Veg Patty on WW Bun**  
Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

**24** **Burritos - Meat or Bean & Cheese**  
Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa

**25**



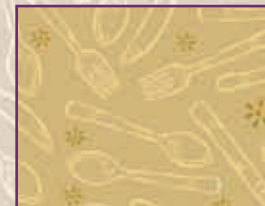
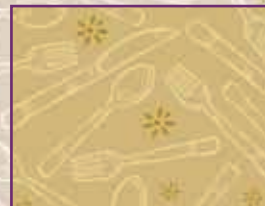
**26**



**27** **Pizza - Pepperoni or Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**28** **Egg Rolls - Chicken or Veg LoMein Noodles**  
Salad Bar  
Milk  
Fresh Fruit  
Soy Sauce

**29** **Garlic Chicken Pasta**  
Garlic Veggie Pasta w/Cheese  
Salad Bar  
Milk  
Fresh Fruit





"Turnip & Chard Concerto" © Jen Norton

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## mashed potatoes with collard greens & celery root

Carrie Orth

Emerson and John Muir Elementary

### INGREDIENTS:

- 4 boiled potatoes, peeled and quartered
- 8 Collard green leaves, spine removed, and cut into thin strips
- 1 cup grated celery root
- 6 tablespoons flat leaf parsley, torn finely
- 6 tablespoons butter
- ½ cup vegetable broth
- ¾ cup milk
- 1 teaspoon salt
- ½ teaspoon fresh ground pepper

### PREPARATION:

1. Place butter and vegetable broth in a large sauce pan. Heat gently until butter is melted.
2. Add the collard greens and celery root. Cook until greens are soft (2-3 minutes), then add salt and pepper.
3. Add milk, taking care to keep it from scalding.
4. Place the potato quarters and parsley in the mixture. Remove pan from heat, mix and mash.
5. Potatoes are done when the liquid has been incorporated, the potatoes are mashed and warmed through completely.

**Makes 8 Servings.**

# MARCH

**Nutrition Information per Serving:**  
Calories: 216, Carbohydrate: 33g, Protein: 5g,  
Total Fat: 9g, Saturated Fat: 6g, Cholesterol:  
24mg, Sodium: 348mg, Dietary Fiber: 6g

## SUNDAY



## MONDAY



## TUESDAY



## WEDNESDAY



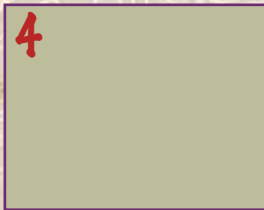
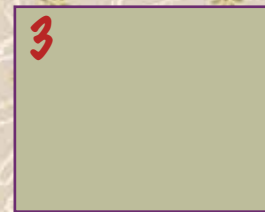
## THURSDAY

**1 Pulled Turkey/Veg Patty - WW Bun**  
Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

## FRIDAY

**2 Quesadillas - Chicken or Veggie**  
Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa

## SATURDAY



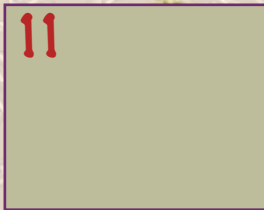
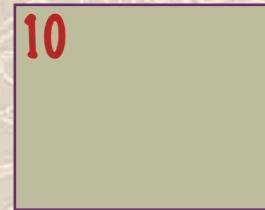
**5 BBQ Chicken Buns or Edamame**  
Veggie Stir Fried Rice  
Salad Bar  
Milk  
Fresh Fruit  
Soy Sauce

**6 Tuna Salad Sandwich**  
Carroteenie  
Salad Bar  
Milk  
Fresh Fruit

**7 Mac and Cheese**  
Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

**8 Tandoori Style Chicken or Tofu**  
Cous Cous & Lentils  
Salad Bar  
Milk  
Fresh Fruit

**9 Enchilada Pie - Chicken or Veggie**  
Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa



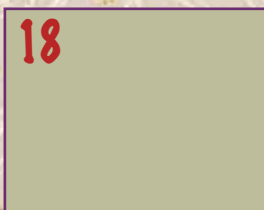
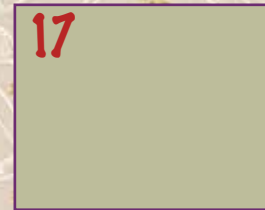
**12 Pizza - Shroom & Olive or Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**13 Grilled Cheese Sandwich**  
Morrocan Carrot Salad  
Salad Bar  
Milk  
Fresh Fruit

**14 Chicken or Veggie Tetrazini Pasta**  
Salad Bar  
Milk  
Fresh Fruit

**15 Pulled Turkey/Veg Patty WW Bun**  
Salad Bar  
Milk  
Fresh Fruit

**16 ST. PATRICK'S DAY Corned Beef - Carrots & Potatoes or Egg Salad Sandwich**  
Salad Bar  
Milk  
Fresh Fruit



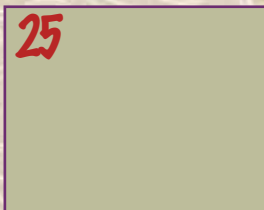
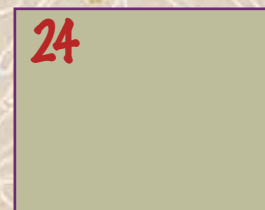
**19 Pizza - Pepperoni or Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**20 Pulled Pork/Veg Patty on WW Bun**  
Sweet Potato Fries  
Salad Bar  
Milk  
Fresh Fruit

**21 Pasta Marinara with Cheese**  
Salad Bar  
Milk  
Fresh Fruit

**22 Orange Chicken or Tofu**  
LoMein Noodles  
Salad Bar  
Milk  
Fresh Fruit  
Soy Sauce

**23 Nachos with Toppings**  
Tortilla Chips, Beans & Rice, Salsa  
Salad Bar  
Milk  
Fresh Fruit



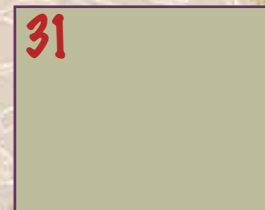
**26 French Toast**  
Roasted Potatoes  
Salad Bar  
Milk  
Fresh Fruit

**27 Hamburger or Veggie Burger - WW Bun**  
Black Eyed Peas Salad  
Salad Bar  
Milk  
Fresh Fruit

**28 Mac and Cheese**  
Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

**29 Oven Fried Chicken or Veg Patty**  
Mashed Potatoes & Gravy, Roll  
Salad Bar  
Milk  
Fresh Fruit

**30 Chicken Salad or Egg Salad Sandwiches**  
Carroteenie  
Salad Bar  
Milk  
Fresh Fruit



# CURRIED BLACK BEANS & VEGGIES

**Michael Bauce**

Thousand Oaks Elementary School

Beans are a high quality source of protein, fiber, vitamins and minerals. They are low in fat and have no cholesterol, in addition to being satisfying for any meal. Use beans in soups, casseroles, stews, and on tortillas.

## INGREDIENTS:

- 1 cup dried black beans, soaked overnight
- 3 cups water
- 1 bay leaf
- 1 leek
- 1 carrot
- 2 stalks celery
- 2 leaves of kale, collard, or similar green
- 1 tablespoon olive oil
- 1 teaspoon curry powder
- 1 teaspoon sea salt

## PREPARATION:

1. Soak beans overnight and discard soaking water in the morning.
2. Place beans in cooking pot with bay leaf and add water. Bring to a boil, lower flame, cover and simmer until black beans are soft (adding more water while cooking if needed). Approx 1-1 ½ hour.
3. Dice leeks, carrots, and celery. Cut up greens into small, bite-sized pieces.
4. Heat oil over medium heat in a large pan. Add vegetables, curry powder and salt. Cook while stirring until vegetables are soft. Add cooked veggies to beans. Simmer over low heat until flavors are blended, about 20 minutes.
5. Serve on tortillas or with corn chips.



# april

**Makes 8 Servings.**

**Nutrition Information per Serving:**  
 Calories: 114, Carbohydrate: 19g, Protein: 6g,  
 Total Fat: 2g, Saturated Fat: 0g, Cholesterol:  
 0mg, Sodium: 315mg, Dietary Fiber: 5g

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**1**

**2** ✨  
**SPRING RECESS**

**3** ✨  
**SPRING RECESS**

**4** ✨  
**SPRING RECESS**

**5** ✨  
**SPRING RECESS**

**6** ✨  
**SPRING RECESS HOLIDAY**

**7**

**8**

**9** **Pizza - Pepperoni or Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**10** **Hot Dogs/Veggie Dogs - Baked Beans**  
 Salad Bar  
 Milk  
 Fresh Fruit

**11** **Pasta Marinara with Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**12** **Pulled Turkey/Veg Patty - WW Bun**  
 Morrocan Carrot Salad  
 Salad Bar  
 Milk  
 Fresh Fruit

**13** **Burritos - Meat or Bean & Cheese**  
 Beans  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Salsa

**14**

**15**

**16** **Pizza - Shroom & Olive or Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**17** **Sloppy Joe or Veggie Joe - WW Bun**  
 Salad Bar  
 Milk  
 Fresh Fruit

**18** **Garlic, Bacon and Chicken Pasta**  
 Veggie Garlic Pasta w/ Cheese  
 Salad Bar  
 Milk  
 Fresh Fruit

**19** **Tandoori Style Chicken or Tofu**  
 Cous Cous & Lentils  
 Salad Bar  
 Milk  
 Fresh Fruit

**20** **Tacos - Chicken or Veggie**  
 Spanish Rice & Beans  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Salsa

**21**

**22**

**23** **French Toast**  
 Roasted Potatos  
 Salad Bar  
 1% Milk  
 Fresh Fruit

**24** **Egg Rolls - Chicken or Veg LoMein**  
 Salad Bar  
 1% Milk  
 Fresh Fruit  
 Soy Sauce

**25** **Garlic Chicken Pasta**  
 Garlic Veggie Pasta w/ Cheese  
 Salad Bar  
 1% Milk  
 Fresh Fruit

**26** **Honey Dijon Chicken or Veg Patty, Roll**  
 Fresh Veg  
 Salad Bar  
 1% Milk  
 Fresh Fruit

**27** **Chile Quiles - Eggs, Salsa and Cheese**  
 Tortilla Chips & Beans  
 Salad Bar  
 1% Milk  
 Fresh Fruit  
 Salsa

**28**

**29**

**30** **Pizza - Pepperoni or Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

# SCHOOL GARDEN salad with avocados

Clay Olitt  
Malcolm X Elementary

## INGREDIENTS:

- 2 heads lettuce of choice
- 1 cup mixed baby salad greens
- 3 carrots
- 1 small bunch Easter egg radish
- ½ cup toasted sunflower seeds
- 2 avocados

## Dressing

- ½ cup orange juice (about 1 orange)
- ½ cup lemon juice (about 1 lemon)
- 3 tablespoons olive oil
- 1 tablespoon brown rice vinegar
- 2 cloves garlic, minced
- 2 teaspoons low sodium soy sauce
- ½ teaspoon fresh ground pepper

## PREPARATION:

1. Tear lettuce and greens into bite-sized pieces.
2. Thinly slice radishes and grate the carrots.
3. Place greens, radishes, and carrots in a large bowl.
4. In a separate bowl, whisk dressing ingredients.
5. Toss salad with dressing and toasted sunflower seeds. Top with avocado slices.

**Makes 8 Servings.**

# may

**Nutrition Information per Serving:**  
 Calories: 214, Carbohydrate: 14g, Protein: 5g,  
 Total Fat: 17g, Saturated Fat: 2g, Cholesterol:  
 0mg, Sodium: 93mg, Dietary Fiber: 6g

## SUNDAY



## MONDAY



## TUESDAY

**1 Chicken or Egg Salad Sandwiches**  
 Cole Slaw  
 Salad Bar  
 Milk  
 Fresh Fruit

## WEDNESDAY

**2 Pasta Marinara with Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

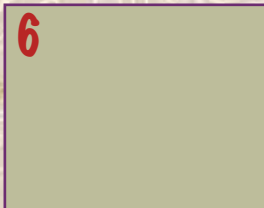
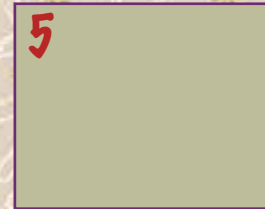
## THURSDAY

**3 Pulled Turkey/Veg Patty on WW Bun**  
 Fresh Veg  
 Salad Bar  
 Milk  
 Fresh Fruit

## FRIDAY

**4 Tamales - Chicken or Chile Cheese**  
 Beans, Salsa  
 Salad Bar  
 Milk  
 Fresh Fruit

## SATURDAY



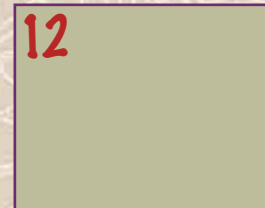
**6**  
**7 Pizza - Shroom & Olive or Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**8 Pulled Pork/Veg Patty on WW Bun**  
 Salad Bar  
 Milk  
 Fresh Fruit

**9 Mac and Cheese**  
 Fresh Veg  
 Salad Bar  
 Milk  
 Fresh Fruit

**10 Chicken w/Garlic Brd Crumbs or Tofu**  
 Quinoa Vinaigrette  
 Salad Bar  
 Milk  
 Fresh Fruit

**11 Quesadillas - Chicken or Veggie**  
 Spanish Rice & Beans  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Salsa



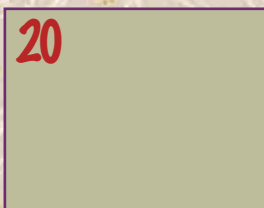
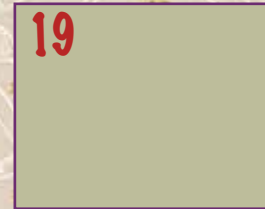
**13**  
**14 Pizza - Pepperoni or Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**15 Grilled Cheese & Apple Sauce**  
 Salad Bar  
 Milk  
 Fresh Fruit

**16 Chicken or Veggie Tetrazini Pasta**  
 Salad Bar  
 Milk  
 Fresh Fruit

**17 Teriyaki Chicken or Edamame**  
 Sweet Potato Fries, Rice  
 Salad Bar  
 Milk  
 Fresh Fruit

**18 Nachos with Toppings**  
 Tortilla Chips, Beans & Rice, Salsa  
 Salad Bar  
 Milk  
 Fresh Fruit



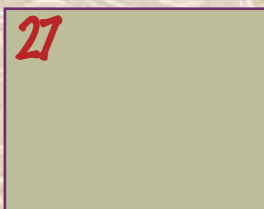
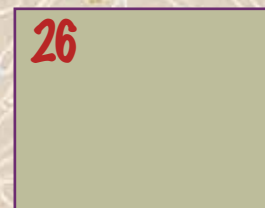
**20**  
**21 HOLIDAY MALCOLM X'S BIRTHDAY**

**22 Pizza - Pepperoni or Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**23 Garlic Chicken Pasta / Garlic Veggie Pasta w/Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**24 BBQ Chicken or Veg Patty**  
 Cornbread  
 Fresh Veg  
 Salad Bar  
 Milk  
 Fresh Fruit

**25 Burritos - Meat or Bean & Cheese**  
 Spanish Rice & Beans  
 Salad Bar  
 Milk  
 Fresh Fruit  
 Salsa

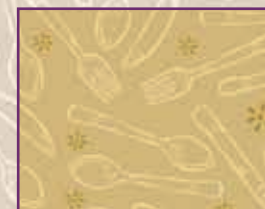


**27**  
**28 HOLIDAY MEMORIAL DAY**

**29 Pizza - Pepperoni or Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**30 Pasta Marinara with Cheese**  
 Salad Bar  
 Milk  
 Fresh Fruit

**31 Pulled Pork/Veg Patty on WW Bun**  
 Fresh Veg  
 Salad Bar  
 Milk  
 Fresh Fruit





# angel's oatmeal cookies with dried fruit & walnuts

**Angel Johnson**

Satellite Operator, Berkeley Arts Magnet

## **INGREDIENTS:**

- 1/2 cup butter
- 1/3 cup oil
- 1 1/2 cups organic cane sugar
- 3/4 cups soy milk
- 2 tsp vanilla
- 2 1/2 cups whole wheat pastry flour
- 1 1/4 rolled oats (oatmeal)
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 cup dried cranberries or raisins
- 1/2 cup walnuts
- 1/2 cup chocolate chips (optional)

## **PREPARATION:**

1. Cream together butter, oil and sugar until well blended.
2. Add soy milk and vanilla; blend.
3. In separate bowl, mix together flour, oats, baking powder and baking soda.
4. Stir dry ingredients into wet ingredients.
5. When half-blended, add in the fruit and nuts and mix everything until just blended (careful not to overmix)
6. Refrigerate for 20 minutes.
7. Place by tablespoon on a greased cookie sheet.
8. Bake 350F for 20-25 minutes.

**Makes 2 dozen.**

# june

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

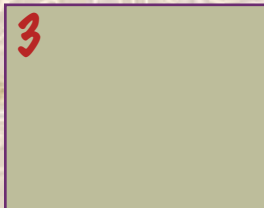
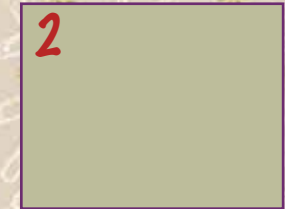
THURSDAY

FRIDAY

SATURDAY



**1** Tacos - Meat or Bean & Cheese  
Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa



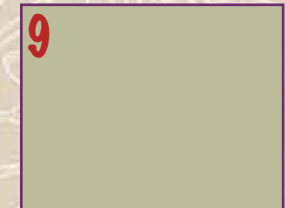
**4** Pizza - Shroom & Olive or Cheese  
Salad Bar  
Milk  
Fresh Fruit

**5** Cuban Style Chicken or Tofu  
Black Beans & Rice  
Salad Bar  
Milk  
Fresh Fruit

**6** Mac and Cheese  
Fresh Veg  
Salad Bar  
Milk  
Fresh Fruit

**7** Tandoori Style Chicken or Veg Estrada  
Cous Cous & Lentils  
Salad Bar  
Milk  
Fresh Fruit

**8** Quesadillas - Chicken or Veggie  
Spanish Rice & Beans  
Salad Bar  
Milk  
Fresh Fruit  
Salsa



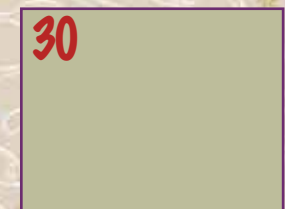
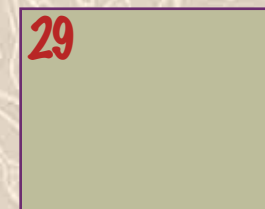
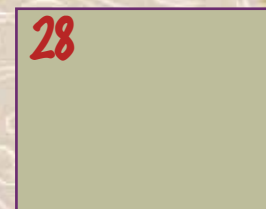
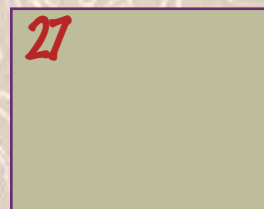
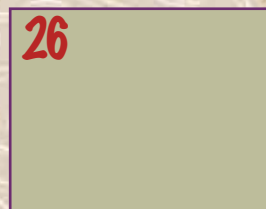
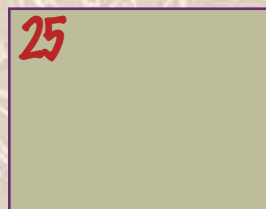
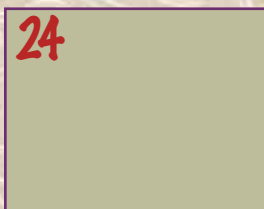
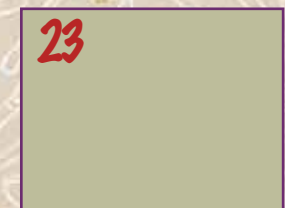
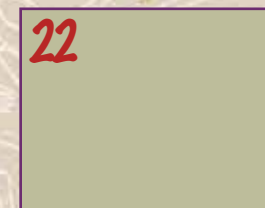
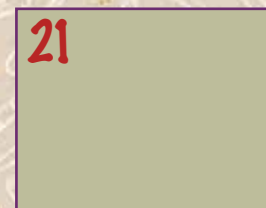
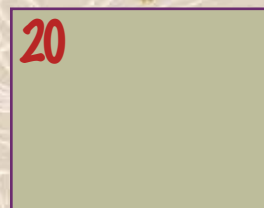
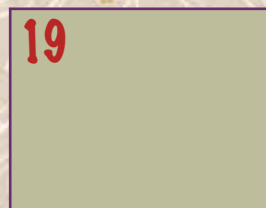
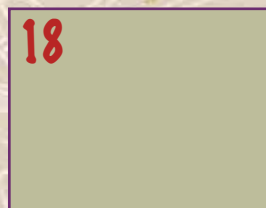
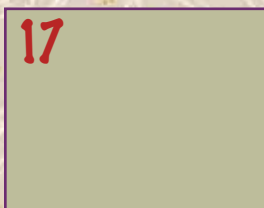
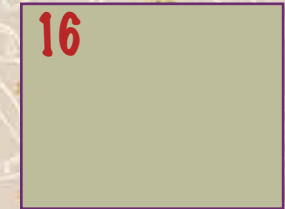
**11**  
CHEF'S CHOICE

**12**  
CHEF'S CHOICE

**13**  
CHEF'S CHOICE

**14**  
CHEF'S CHOICE

**15**  
CHEF'S CHOICE  
LAST DAY OF SCHOOL



# july

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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2

3

4

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6

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