

Berkeley Unified School District



Elementary 2010
School Menu 2011

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.

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. This year we have four schools that have switched from disposable plates and service-ware to washable/reusable plates and service ware. Additionally, we are working 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 life-long 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 crudité
- 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

The above document has been abridged from Board Policy for the Nutrition Services Calendar 2010/2011.

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

7

14

21

28

8

15

22

29

31



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Confetti Spaghetti

BCarrie Fehr, Washington Elementary School

Ingredients:

- 1 pound dried spaghetti
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 red bell pepper or 2 gypsy peppers, diced
- 2 zucchini, diced
- 2 yellow squash, diced
- 1 pound of mixed cherry tomatoes (such as sweet 100's, yellow pears, sunburst, and grape), sliced in half
- ¼ cup fresh basil, cut into thin strips
- ¼ teaspoon salt
- ¼ cup Parmesan cheese

Preparation:

1. Bring a large pot of water to a boil, approximately six cups.
2. Cook spaghetti according to package directions. Drain water and set pasta aside in a large bowl.
3. Heat olive oil in a large pan over medium heat.
4. Add the garlic, peppers, zucchini, and yellow squash, and stir quickly until all ingredients are warmed through, about 5 minutes. Remove from heat and add to the spaghetti.
5. Add the tomatoes, basil, and salt to the spaghetti mixture. Sprinkle with parmesan cheese.

Makes 8 Servings, ½ cup per person.

Nutrition Information per Serving:

Calories: 145, Carbohydrate: 24g, Protein: 6g, Total Fat: 3g, Saturated Fat: 1g, Cholesterol: 3mg, Sodium: 131mg, Dietary Fiber: 3g

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		STAFF DEVELOPMENT DAY	1 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	2 Pasta Marinara with Cheese Salad Bar Milk Fresh Fruit	3 Burritos - Beef or Bean & Cheese Spanish Rice & Beans Salad Bar Milk Fresh Fruit	4
5	6 HOLIDAY LABOR DAY	7 Pizza - Pepperoni or Cheese Salad Bar Milk Fresh Fruit	8 Confetti Spaghetti Salad Bar Milk Fresh Fruit	9 Honey Dijon Chicken or Veggie Patty Tabouleh Salad Bar Milk Fresh Fruit	10 Tacos - Meat or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	11
12	13 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	14 Egg Rolls - Chicken or Veggie Fried Rice Salad Bar Milk Fresh Fruit	15 Mac and Cheese Fresh Veg Salad Bar Milk Fresh Fruit	16 Tandoori Chicken or Veggie Estrada Barley Pilaf Salad Bar Milk Fresh Fruit	17 Nachos with Toppings Tortilla Chips Spanish Rice & Beans Salad Bar Milk Fresh Fruit	18
19	20 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	21 Meatloaf or Garden Veggie Loaf with Roasted Garlic Potatoes Salad Bar Milk Fresh Fruit	22 Garlic Chicken Pasta or Veggie Garlic Pasta with Cheese Salad Bar Milk Fresh Fruit	23 Pulled Turkey or Veg Patty on WW Bun Fresh Veg Salad Bar Milk Fresh Fruit	24 Enchilada Pie - Chicken or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	25
26	27 Pizza - Pesto and Cheese Salad Bar Milk Fresh Fruit	28 Grilled Cheese Sandwich Tomato Soup Salad Bar Milk Fresh Fruit	29 Confetti Spaghetti Salad Bar Milk Fresh Fruit	30 Oven Fried Chicken or Veg Patty White Beans with Collards Salad Bar Milk Fresh Fruit		



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Apple Cornbread Stuffing

Ingredients:

- 6 tbsp butter, unsalted
- 1 cup onion, small diced
- ½ cup carrot, small diced
- ½ cup celery, small diced
- 1 tsp garlic, minced
- ½ bunch sage, fresh, chopped
- 1 bunch thyme, fresh picked
- 1 bay leaf
- ¾ cup or 2 medium apples fresh, diced
- 1 ½ pounds corn bread
- 1 ¼ cups chicken or veg stock

Preparation:

1. In a large saute pan, melt about half the butter. Add the onion and cook at a medium temperature until the onion wilts but does not have color. Add the carrots and cook another 2 minutes, then add celery. Season with salt and pepper to taste, add garlic. Mix well and remove pan from heat.
2. Combine in a large bowl, the cooked vegetables with herbs, diced apples, corn bread and enough stock to moisten the corn bread. The consistency should be crumbly but not soggy. Add remaining butter (melted). Taste for seasoning and adjust with salt and pepper.
3. Place in a buttered crock dish and bake in 350 oven for 20 minutes or until the stuffing reaches and internal temperature of 145 degrees.

Makes 8 servings.

October

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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1 **Burritos - Beef or Bean and Cheese**
Spanish Rice & Beans
Salad Bar
Milk
Fresh Fruit

2

3

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

5 **Shepard's Pie or Garden Pie with Garlic Bread**
Salad Bar
Milk
Fresh Fruit

6 **Pasta Marinara with Cheese**
Fresh Veg
Salad Bar
Milk
Fresh Fruit

7 **Orange Chicken or Egg Salad Sandwich**
Quinoa Pilaf
Salad Bar
Milk
Fresh Fruit

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

9

10

11
STAFF DEVELOPMENT DAY

12 **Pizza - Sausage or Cheese**
Salad Bar
Milk
Fresh Fruit

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

14 **BBQ Chicken or Tofu**
Red Beans & Rice
Salad Bar
Milk
Fresh Fruit

15 **Tamales - Chicken or Chile Cheese**
Spanish Rice & Beans
Salad Bar
Milk
Fresh Fruit

16

17

18 **Pizza - Sausage or Cheese**
Salad Bar
Milk
Fresh Fruit

19 **Hamburger or Veggie Burger**
Black Eyed Peas Salad
Salad Bar
Milk
Fresh Fruit

20 **Chicken or Veggie Pasta Tetraxini**
Fresh Veg
Salad Bar
Milk
Fresh Fruit

21 **Roast Turkey and Gravy or Veg Patty and Gravy**
Apple, Corn Bread Stuffing
Salad Bar
Milk
Fresh Fruit

22 **Burritos - Beef or Bean and Cheese**
Spanish Rice & Beans
Salad Bar
Milk
Fresh Fruit

23

24

25 **Pizza - Sausage or Cheese**
Salad Bar
Milk
Fresh Fruit

26 **Hot Dog or Veggie Dog**
House Baked Beans
Salad Bar
Milk
Fresh Fruit

27 **Garlic Chicken Pasta or Veggie Garlic Pasta**
Salad Bar
Milk
Fresh Fruit

28 **Chicken with Garlic Bread Crumbs or Veg Patty**
Couscous, Fresh Veg
Salad Bar
Milk
Fresh Fruit

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

30



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Three Sister Tacos

Carrie Orth, Emerson Elementary School

Ingredients:

- 2 tablespoons canola oil
- ½ onion, diced
- ¼ teaspoon cumin seeds
- ¼ teaspoon Mexican dried oregano
- ¼ teaspoon New Mexico Ancho chili powder
- ½ teaspoon salt
- 1 clove garlic
- 1 red bell pepper, diced
- 2 cups roasted squash, cubed
- 2 cups potato, cooked (oven-roasted, or microwaved)
- ½ cup black beans, cooked
- ½ cup water

Garnish:

- 8 Corn tortillas
- ½ cup reduced fat sour cream
- 2 limes, cut in wedges
- 4-5 sprigs of cilantro, leaves removed from stem

Preparation:

1. Gently warm canola oil in skillet.
2. Add onions and sauté until soft.
3. In a mortar, grind the cumin seeds, oregano, chili powder, salt, and garlic.
4. Add spice mixture to the sautéed onions. Mix onions and spices until thoroughly combined and heated.
5. Add the bell pepper, stirring until softened. Add a bit of water if mixture gets too dry.
6. Add squash, potato, and black beans with the remaining water.
7. Simmer until all ingredients are warmed through and completely mixed, about 10 minutes.
8. Warm tortillas over dry heat, keeping them warm in a clean towel.

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November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pizza - Pepperoni or Cheese Salad Bar Milk Fresh Fruit	2 Grilled Cheese Sandwich Apple Sauce Salad Bar Milk Fresh Fruit	3 Pasta Marinara with Cheese Salad Bar Milk Fresh Fruit	4 Honey Dijon Chicken or Veg Patty Fresh Veg Salad Bar, Roll Milk Fresh Fruit	5 Three Sister's Stew Tacos - Chicken or Veggie Rice & Beans Salad Bar Milk Fresh Fruit	6
7	8 Steamed BBQ Chicken Buns Veggie Stir Fried Rice Salad Bar Milk Fresh Fruit	9 Chili - Beef or Veg, Rice & Toppings Cornbread Salad Bar Milk Fresh Fruit	10 Mac and Cheese Fresh Veg Salad Bar Milk Fresh Fruit	11 HOLIDAY VETERAN'S DAY	12 STAFF DEVELOPMENT DAY	13
14	15 Pizza - Pesto and Cheese Salad Bar Milk Fresh Fruit	16 Hamburger or Veggie Burger Salad Bar Milk Fresh Fruit	17 Garlic Chicken Pasta or Veggie Garlic Pasta with Cheese Salad Bar Milk Fresh Fruit	18 BBQ Chicken or Egg Salad Sandwich Red Beans & Rice Salad Bar Milk Fresh Fruit	19 Three Sister's Stew Tacos - Chicken or Veggie Rice & Beans Salad Bar Milk Fresh Fruit	20
21	22 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	23 Pulled Pork on WW Bun or Veg Patty Fresh Veg Salad Bar Milk Fresh Fruit	24 HOLIDAY	25 HOLIDAY	26 HOLIDAY	27
28	29 Pizza, Sausage or Cheese Salad Bar Milk Fresh Fruit	30 Hot Dog or Veggie Dog, Baked Beans Salad Bar Milk Fresh Fruit				



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Vegetable Fried Rice

Submitted by Michael Bauce, Thousand Oaks Elementary School

Ingredients:

- 5 cups cooked short grain brown rice (about 2½ cups uncooked)*
- 3 tablespoons olive or sesame oil
- 2 tablespoon minced ginger
- 2 clove garlic, minced
- 1 onion, diced fine (about 1/8")
- 2 carrots, diced small (about ¼")
- ½ cabbage, core removed and thinly sliced (green, savoy, napa cabbage would work well)
- 1 stalk celery, diced small, about ¼"
- 1 tablespoon low-sodium soy sauce

Preparation:

1. Cook rice according to directions below. Spread rice on a baking pan to cool.
2. Heat oil in a large skillet or wok. Add ginger, garlic, onion, and stir-fry for 3-4 minutes. Add carrots, cabbage and celery and stir-fry for five minutes more or until vegetables are cooked but still firm. Add rice, and soy sauce and cook for 3-5 minutes on low heat while stirring. Cover and let flavors mingle. Serve and enjoy!

Makes 8 Servings, 1 cup per person.

Nutrition Information per Serving:

Calories: 211, Carbohydrate: 36g, Protein: 4g, Total Fat: 6g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 118mg, Dietary Fiber: 4g

*How to Cook Brown Rice

Rinse rice and add to a medium pot. Add water so that it measures about 1 inch above the rice in the pot. Add two dashes of sea salt (or 1/8 teaspoon per cup), cover and bring to boil (sea salt is high in trace elements and minerals, helps with digestibility and brings out the natural flavor of the rice). Lower heat, and simmer for 40 minutes. Set aside, covered and let sit for 15 minutes. Fluff rice with fork.

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pasta Marinara with Cheese Salad Bar Milk Fresh Fruit	2 Teriyaki Chicken or Edamame Stir Fried Veg & Steamed Rice Salad Bar Milk Fresh Fruit	3 Burritos - Beef or Bean & Cheese Spanish Rice & Beans Salad Bar Milk Fresh Fruit	4
5	6 Pizza - Pepperoni or Cheese Salad Bar Milk Fresh Fruit	7 Meatloaf or Garden Veggie Loaf with Roasted Garlic Potatoes Salad Bar Milk Fresh Fruit	8 Mac and Cheese Fresh Veg Salad Bar Milk Fresh Fruit	9 Pulled Turkey or Veg Patty on WW Bun Fresh Veg Salad Bar Milk Fresh Fruit	10 Enchilada Pie - Chicken or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	11
12	13 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	14 Hamburger or Veggie Burger Black Eyed Peas Salad Salad Bar Milk Fresh Fruit	15 Chicken or Veggie Pasta Tetrzini Fresh Veg Salad Bar Milk Fresh Fruit	16 Chicken with Garlic Bread Crumbs or Veg Estrada Bulgar Pilaf Salad Bar Milk Fresh Fruit	17 Egg Salad Sandwiches Cole Slaw Salad Bar Milk Fresh Fruit	18
19	20 HOLIDAY *****	21 HOLIDAY *****	22 HOLIDAY *****	23 HOLIDAY *****	24 HOLIDAY *****	25
26	27	28	29	30	31	



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Greek Rice and Lemon Soup

Susanne Jensen, Willard Middle School

Ingredients:

- 8 cups water or low sodium vegetable stock
- 3 medium carrots, chopped
- 2 large celery stalks, finely chopped
- 1 medium white onion, minced
- 2 cups cooked brown rice
- 1 teaspoon salt
- ½ teaspoon pepper
- 4 eggs
- ¼ cup fresh lemon juice
- 2 tablespoons fresh parsley, chopped

Preparation:

1. Bring vegetable stock to a boil in a large pot.
 2. Mix in carrots, celery, onion, then rice and return to a boil.
 3. Reduce heat to medium-low, cover, and simmer until vegetables are tender, about 15 minutes.
 4. Add salt and pepper.
 5. Ladle two cups of hot broth from the pot into a liquid measuring cup.
 6. Crack eggs into a medium size bowl and whisk. Slowly add the two cups of hot broth to the eggs and continue to whisk.
 7. Add lemon juice to the egg mixture and whisk well.
 8. Add egg mixture to soup and stir well.
 9. Remove soup from heat and serve with chopped parsley.
- Makes 10 Servings, 1 cup per person.

Nutrition Information per Serving:

Calories: 85, Carbohydrate: 13g, Protein: 4g, Total Fat: 2g, Saturated Fat: 1g, Cholesterol: 74mg, Sodium: 289mg, Dietary Fiber: 2g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 1 mg

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Pizza - Pepperoni or Cheese Salad Bar Milk Fresh Fruit	4 Hotdog or Veggie Dog Baked Beans Salad Bar Milk Fresh Fruit	5 Pasta Marinara with Cheese Salad Bar Milk Fresh Fruit	6 BBQ Chicken or Veg Patty Corn Bread Fresh Veg Salad Bar Milk Fresh Fruit	7 Burritos - Beef or Bean & Cheese Spanish Rice & Beans Salad Bar Milk Fresh Fruit	8
9	10 Steamed BBQ Chicken Buns Veggie Stir Fried Rice Salad Bar Milk Fresh Fruit	11 Chicken or Veggie Cacciatore Garlic Bread & Rice Salad Bar Milk Fresh Fruit	12 Mac and Cheese Fresh Veg Salad Bar with Citrus Tasting Milk Fresh Fruit	13 Roast Turkey or Veg Patty & Gravy Mash Potatoes, Roll Salad Bar Milk Fresh Fruit	14 Quesadillas - Chicken or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	15
16	17 MARTIN LUTHER KING JR. DAY	18 Pizza - Pesto and Cheese Salad Bar Milk Fresh Fruit	19 Garlic Chicken Pasta or Veggie Garlic Pasta with Cheese Salad Bar Milk Fresh Fruit	20 Honey Dijon Chicken or Veg Patty Fresh Veg Salad Bar Milk Fresh Fruit	21 Tamales - Chicken or Chile Cheese Spanish Rice & Beans Salad Bar Milk Fresh Fruit	22
23	24 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit STAFF DEVELOPMENT DAY	25 Sloppy Joe or Veggie Joe on WW Bun Salad Bar Milk Fresh Fruit	26 Pasta Marinara with Cheese Salad Bar with Citrus Tasting Milk Fresh Fruit	27 Tandoori Style Chicken or Tofu Cous Cous and Lentils Salad Bar Milk Fresh Fruit	28 Burritos - Beef or Bean & Cheese Spanish Rice & Beans Salad Bar Milk Fresh Fruit	29
30						



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Broccoli and Cauliflower Sauté

Carrie Orth, John Muir Elementary School
(Adapted from the Greens Cookbook:
Extraordinary Vegetarian Cuisine from the
Celebrated Restaurant)

Ingredients:

- 4 tablespoons unsalted butter
- 2 tablespoons Dijon mustard
- ½ onion finely, diced
- 2 cloves garlic, minced
- 2 teaspoons balsamic vinegar
- 2 tablespoons parsley, chopped
- 3-4 cups broccoli and cauliflower broken into flowerets
- 1 teaspoon lemon peel, finely slivered
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons Parmesan cheese

Preparation:

1. In a mixer, cream four tablespoons of butter with the mustard, onions, garlic, vinegar and parsley.
2. Blanch the broccoli and cauliflower pieces in boiling water. Leave them in for only one minute. Lift them from the water with a straining spoon or tongs.
3. Heat the butter mixture in a frying pan.
4. Toss the broccoli and cauliflower with the warming butter until coated.
5. Season with salt and pepper.
6. Sprinkle with parmesan cheese before serving.

Makes 6 Servings, ½ cup per person.

Nutrition Information per Serving:

Calories: 101, Carbohydrate: 6g, Protein: 2g,
Total Fat: 8g, Saturated Fat: 5g,
Cholesterol: 22mg, Sodium: 299mg,
Dietary Fiber: 2g

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	2 Garlic, Bacon and Chicken Pasta or Veggie Garlic Pasta & Cheese Salad Bar Milk Fresh Fruit	3 Oven Roasted Chicken or Veg Patty Creamed Corn Salad Bar Milk, Fresh Fruit SOUL FOOD THURSDAY	4 Tacos - Meat or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	5
6	7 Pizza - Pepperoni or Cheese Salad Bar Milk Fresh Fruit	8 Chicken or Veggie Cacciatore, Rice & Garlic Bread Salad Bar Milk Fresh Fruit	9 Mac and Cheese Roasted Broccoli Salad Bar Milk Fresh Fruit	10 Egg Rolls - Chicken or Veg LoMein Salad Bar Milk Fresh Fruit CHINESE NEW YEAR	11 Nachos with Toppings Tortilla Chips, Spanish Rice & Beans Salad Bar Milk Fresh Fruit	12
13	14 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit ♥♥♥♥♥♥♥♥	15 Cuban Style Chicken or Tofu Rice & Black Beans Salad Bar Milk Fresh Fruit	16 Garlic Chicken Pasta or Garlic Veggie Pasta with Cheese Salad Bar Milk Fresh Fruit	17 Oven Fried Catfish or Veg Patty Collards and Corn Bread Salad Bar Milk Fresh Fruit SOUL FOOD THURSDAY	18 LINCOLN'S BIRTHDAY ★ ★ ★ ★ ★ ★ ★ ★	19
20	21 PRESIDENT'S DAY ★ ★ ★ ★ ★ ★ ★ ★	22 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	23 Pasta Marinara with Cheese Salad Bar Milk Fresh Fruit	24 Pulled Pork or Veg Patty on WW Bun Potato Salad Salad Bar Milk Fresh Fruit SOUL FOOD THURSDAY	25 Tamales - Chicken or Chile Cheese Spanish Rice & Beans Salad Bar Milk Fresh Fruit	26
27	28 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit					



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Moroccan Carrot Salad

Carrie Fehr, Rosa Parks Elementary School

Ingredients:

- 1 pound carrots, peeled
- 2 tablespoons lemon juice
- 1 teaspoon olive oil
- 1 tablespoon honey
- 1 tablespoon orange juice
- 1 dash of salt
- 1 tablespoon fresh mint, chopped

Preparation:

1. Slice carrots into coins and set in a large bowl.
2. Combine the lemon juice, olive oil, honey, orange juice, salt, and mint and mix together.
3. Pour this dressing over the carrots and toss together. Let it marinate for 15 minutes before serving.

Makes 10 Servings, ½ cup per person.

Nutrition Information per Serving:
 Calories: 31, Carbohydrate: 7g, Protein: 0g, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 41mg, Dietary Fiber: 1g

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Egg Rolls - Chicken or Veg Fried Rice Salad Bar Milk Fresh Fruit	2 Chicken or Veggie Tetrazini Pasta Salad Bar w/ Moroccan Carrot Salad Milk Fresh Fruit	3 Roast Turkey & Gravy or Veg Patty Mash Potatoes, Roll Salad Bar Milk Fresh Fruit	4 Burritos - Beef or Bean & Cheese Spanish Rice & Beans Salad Bar Milk Fresh Fruit	5
6	7 Pizza - Pepperoni or Cheese Salad Bar Milk Fresh Fruit	8 Shepard's Pie or Garden Veggie Pie, Garlic Bread Salad Bar Milk Fresh Fruit	9 Mac and Cheese Fresh Veg Salad Bar w/ Moroccan Carrot Salad Milk Fresh Fruit	10 BBQ Chicken or Tofu Red Beans & Rice Salad Bar Milk Fresh Fruit	11 Enchilada Pie - Chicken or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	12
13	14 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	15 Grilled Cheese Sandwich Tomato Soup Salad Bar Milk Fresh Fruit	16 Garlic Chicken Pasta or Garlic Veggie Pasta w/Cheese Salad Bar w/ Moroccan Carrot Salad Milk Fresh Fruit	17 Corned Beef & Cabbage, Potatoes & Carrots Egg Salad Sandwich Salad Bar Milk, Fresh Fruit ♣♣♣♣♣♣♣♣	18 Taco - Chicken or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	19
20	21 Pizza - Pesto or Cheese Salad Bar Milk Fresh Fruit	22 Pulled Pork or Veg Patty on WW Bun Sweet Potatoes Salad Bar Milk Fresh Fruit	23 Pasta Marinara w/ Cheese Salad Bar w/ Moroccan Carrot Salad Milk Fresh Fruit	24 Orange Chicken or Tofu Bulgur Pilaf Salad Bar Milk Fresh Fruit	25 Quesadilla - Chicken or Veg Spanish Rice & Beans Salad Bar Milk Fresh Fruit	26
27	28 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	29 Hamburger or Veggie Burger - WW Bun Black Eyed Peas Salad Salad Bar Milk Fresh Fruit	30 Mac and Cheese Fresh Veg Salad Bar w/ Moroccan Carrot Salad Milk Fresh Fruit	31 Oven-fried Chicken or Veg Patty White Beans with Collards Salad Bar Milk Fresh Fruit		



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Collard Green and Black Eyed Pea Soup with Okra

Clay Olitt, Malcolm X Elementary School

Ingredients:

- 3 tablespoons olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 teaspoon whole cumin seed
- 4 celery stalks, sliced
- 3 carrots small, diced
- 2 cups okra, cut in half crosswise
- 1 quart vegetable stock
- 2 tomatoes, diced (if not in season, use 1 cup canned diced tomatoes)
- 1 bunch collard greens (washed & torn into bite-size pieces)
- 1 cup corn, fresh or canned
- 2 cups cooked black eyed peas
- 1 teaspoon mild chili powder (such as New Mexico chili)
- 1/8 teaspoon cayenne pepper (optional for heat)
- 1 teaspoon sea salt
- 1/2 teaspoon ground pepper
- 2 tablespoons fresh thyme leaves

Preparation:

1. Heat a large pot over medium heat. Add olive oil, onions, garlic, and cumin seeds. Cook and stir until caramelized, about 5-10 minutes.
2. Add celery, carrots, and okra and sauté for 3 minutes.
3. Deglaze with vegetable stock, and bring to a boil (to save time you can bring stock to a boil in another pot, and deglaze with hot liquid).
4. Once boiling, add tomatoes, collards, corn, black eyed peas, chili powder, and cayenne if using. Return to a boil.

Continued on Back Cover

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chicken Salad or Egg Salad Sandwich Carroteenie Salad Bar Milk Fresh Fruit	2
3	4 SPRING RECESS ♪ ♪ ♪ ♪ ♪ ♪ ♪	5 SPRING RECESS ♪ ♪ ♪ ♪ ♪ ♪ ♪	6 SPRING RECESS ♪ ♪ ♪ ♪ ♪ ♪ ♪	7 SPRING RECESS ♪ ♪ ♪ ♪ ♪ ♪ ♪	8 SPRING RECESS ♪ ♪ ♪ ♪ ♪ ♪ ♪	9
10	11 Pizza - Pepperoni or Cheese Salad Bar Milk Fresh Fruit	12 Hot Dogs or Veggie Dogs - Baked Beans Salad Bar Milk Fresh Fruit	13 Pasta Marinara with Cheese Salad Bar Milk Fresh Fruit	14 BBQ Chicken or Tofu Black Eyed Peas & Rice Salad Bar Milk Fresh Fruit	15 Burritos - Beef or Bean & Cheese Spanish Rice & Beans Salad Bar Milk Fresh Fruit	16
17	18 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	19 Sloppy Joe on WW Bun or Veggie Joe on WW Bun Salad Bar Milk Fresh Fruit	20 Garlic, Bacon and Chicken Pasta or Veggie Garlic Pasta & Cheese Salad Bar Milk Fresh Fruit	21 Tandoori Style Chicken or Tofu Cous Cous & Lentils Salad Bar Milk Fresh Fruit	22 Nachos - Toppings Tortilla Chips, Beans & Rice Salad Bar Milk Fresh Fruit	23
24	25 Pizza - Pesto and Cheese Salad Bar Milk Fresh Fruit	26 Egg Rolls - Chicken or Veg Fried Rice Salad Bar Milk Fresh Fruit	27 Garlic Chicken Pasta or Veggie Garlic Pasta with Cheese Salad Bar Milk Fresh Fruit	28 Honey Dijon Chicken or Veg Patty Corn Bread, Fresh Veg Salad Bar Milk Fresh Fruit	29 Chile Quiles - Eggs, Salsa and Cheese Tortilla Chips & Beans Salad Bar Milk Fresh Fruit	30



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Caesar Salad

Kathy Russell, Le Conte Elementary School

The secret to our creamy Caesar dressing is the emulsification process. In a traditional Caesar, a raw egg is blended with the acids of vinegar and lemon juice to stabilize it, and an anchovy is added for a strong salty flavor. Our version is without the egg and anchovy, and gets its creaminess by using a blender. |

Ingredients for salad:

- 1 head romaine lettuce, washed and dried
- ¼ baguette or any French bread cut in to cubes
- ¾ cup extra virgin olive oil
- 4 cloves of garlic, smashed
- 1 tablespoon seasoned rice vinegar
- ¼ cup lemon juice
- ½ teaspoon sea salt
- ¼ teaspoon fresh cracked pepper
- ¼ cup Parmesan cheese, grated

Preparation:

1. Tear lettuce into bite size pieces, place in large bowl and set aside.
- Croutons:** Preheat oven to 400F. Toss bread cubes with ¼ cup of olive oil, half of the garlic and ¼ teaspoon salt. Toast in the oven until golden. Alternatively, toast in a heavy skillet until crunchy.
- Dressing:** 1. In a blender, add the rice vinegar, lemon juice and remaining garlic and salt until garlic is chopped and the liquid is white and frothy.
2. While blender is whirring, slowly add one cup of olive oil through the hole in the blender lid. Dressing will thicken and become creamy as air is whipped into the oil.
3. Pour the dressing over the lettuce and toss to coat the leaves.
4. Add the croutons, pepper, and Parmesan cheese and toss once more.

Continued on Back Cover

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	3 Egg Salad Sandwiches Cole Slaw Salad Bar Milk Fresh Fruit	4 Pasta Marinara w/ Cheese Salad Bar Milk Fresh Fruit	5 Tamales - Chicken or Chile Cheese Beans and Rice Salad Bar Milk Fresh Fruit CINCO DE MAYO	6 Pulled Turkey or Veg Patty on WW Bun Fresh Veg Salad Bar Milk Fresh Fruit	7
8	9 Pizza - Pepperoni or Cheese Salad Bar Milk Fresh Fruit	10 Chili, Beef/Veg - Rice & Toppings Corn Bread, Green Onions, Sour Cream & Cheese Salad Bar Milk Fresh Fruit	11 Mac and Cheese Salad Bar Fresh Veg Milk Fresh Fruit	12 Chicken with Garlic Bread Crumbs or Tofu Quinoa Pilaf Salad Bar Milk Fresh Fruit	13 Quesadilla - Chicken or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	14
15	16 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	17 Steamed Chicken Buns Veggie Stir Fried Rice Salad Bar Milk Fresh Fruit	18 Chicken or Veggie Tetrazini Pasta Salad Bar Milk Fresh Fruit	19 Oven Fried Chicken or Veg Estrada Bulgar Pilaf Salad Bar Milk Fresh Fruit	20 Nachos with Toppings Tortilla Chips, Beans & Rice Salad Bar Milk Fresh Fruit	21
22	23 MALCOLM X DAY	24 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	25 Garlic Chicken Pasta or Garlic Veggie Pasta w/Cheese Salad Bar Milk Fresh Fruit	26 Tandoori Style Chicken or Veg Patty Cous Cous & Lentils Salad Bar Milk Fresh Fruit	27 Burritos - Beef or Bean & Cheese Spanish Rice & Beans Salad Bar Milk Fresh Fruit	28
29	30 MEMORIAL DAY	31 Pizza - Pesto and Cheese Salad Bar Milk Fresh Fruit				



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Summer Fruit Salad

Linda Sanders,
Longfellow Middle School

Ingredients:

- 1 pint strawberries
- 1 banana
- ½ cantaloupe
- 1 cup seedless green grapes
- 1 pint blueberries
- 1 tablespoon agave syrup

Suggested Toppings:

- 1 cup lowfat vanilla yogurt
- ¼ teaspoon nutmeg

Preparation:

1. Cut all fruit into bite-size pieces except for the blueberries, which can be kept whole.
2. Combine in chilled bowl and add agave sweetener.
3. Serve with yogurt topping if desired.

Makes 8 Servings, ½ cup per person.

Nutrition Information per Serving:

Calories: 106, Carbohydrate: 24g, Protein: 3g, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 2mg, Sodium: 31mg, Dietary Fiber: 3g

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pasta Marinara with Cheese Salad Bar Milk Fresh Fruit	3 Pulled Turkey or Veg Patty on WW Bun Fresh Veg Salad Bar Milk Fresh Fruit	4 Tacos - Chicken or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	4
4	6 Pizza - Sausage or Cheese Salad Bar Milk Fresh Fruit	7 Cuban Style Chicken or Tofu Black Beans and Rice Salad Bar Milk Fresh Fruit	8 Mac and Cheese Fresh Veg Salad Bar Milk Fresh Fruit	9 Honey Mustard Chicken or Veg Patty Corn Bread Salad Bar Milk Fresh Fruit	10 Enchilada Pie - Chicken or Veggie Spanish Rice & Beans Salad Bar Milk Fresh Fruit	11
12	13 CHEF'S CHOICE	14 CHEF'S CHOICE	15 CHEF'S CHOICE	16 CHEF'S CHOICE	17 CHEF'S CHOICE	18
19	20	21	22	23	24	25
26	27	28	29	30		

July

Sunday

Monday

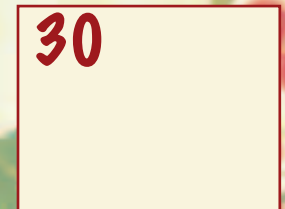
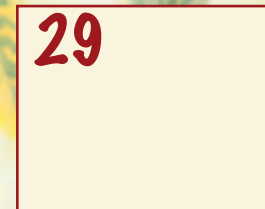
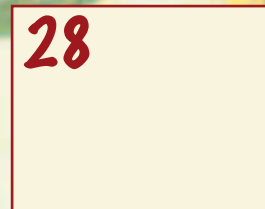
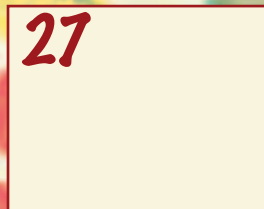
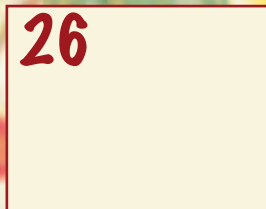
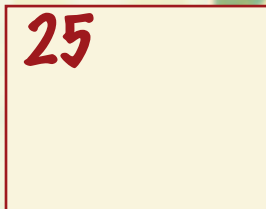
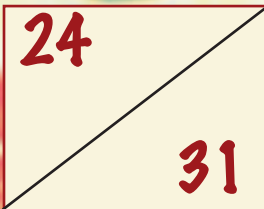
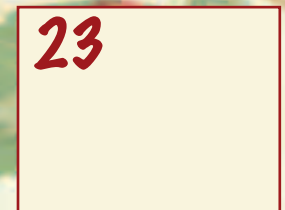
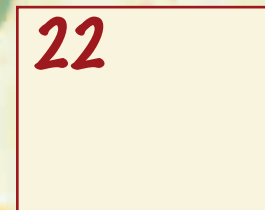
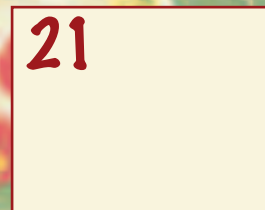
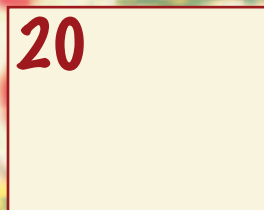
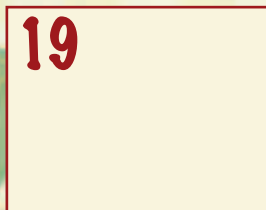
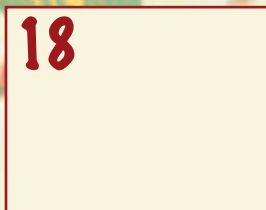
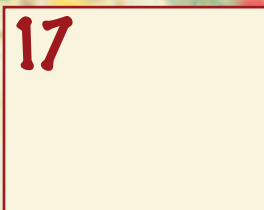
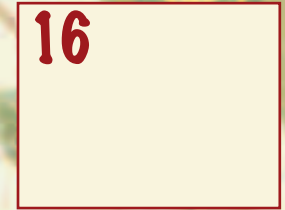
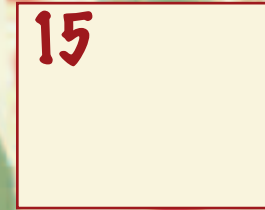
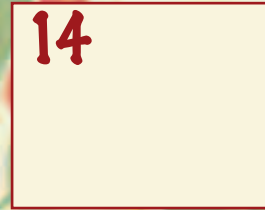
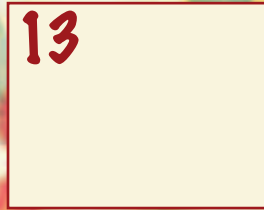
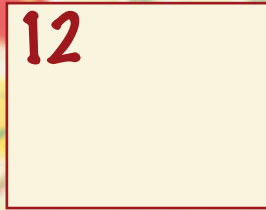
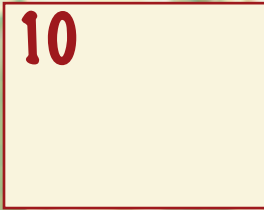
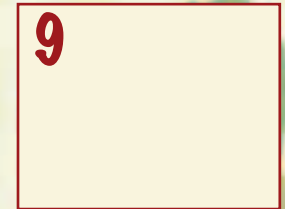
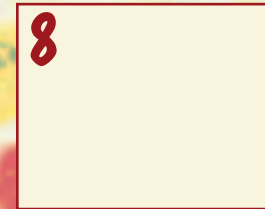
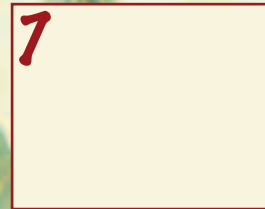
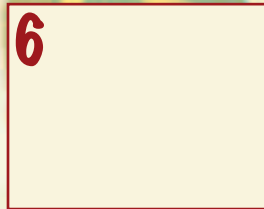
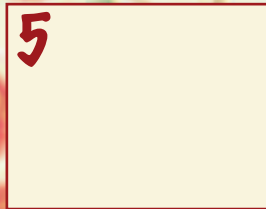
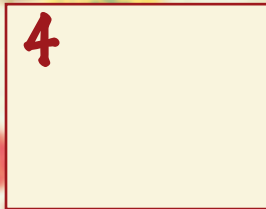
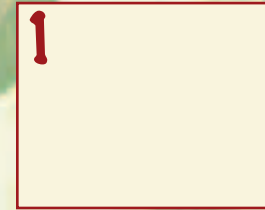
Tuesday

Wednesday

Thursday

Friday

Saturday



Caesar Salad

(Continued from May)

Makes 10 Servings, ½ cup per person.

Nutrition Information per Serving:

Calories: 180, Carbohydrate: 6g, Protein: 2g, Total Fat: 17g, Saturated Fat: 3g, Cholesterol: 2mg, Sodium: 197mg, Dietary Fiber: 2g

Collard Green and Black Eyed Pea Soup with Okra

(Continued from April)

5. Add salt and ground pepper. Serve and garnish with a pinch of thyme leaves.

Makes 8 Servings, 1 cup per person.

Nutrition Information per Serving:

Calories: 213, Carbohydrate: 35g, Protein: 6g, Total Fat: 7g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 409mg, Dietary Fiber: 6g

Three Sister Tacos

(Continued from November)

9. Fill the tortillas with the squash mixture, add a spoonful of sour cream, squeeze lime juice over all, and finish with a sprinkling of cilantro

10. Garnish with green onions.

Makes 4 Servings. 2 tacos per person.

Nutrition Information per Serving:

Calories: 335, Carbohydrate: 53g, Protein: 8g, Total Fat: 13g, Saturated Fat: 3g, Cholesterol: 12mg, Sodium: 338mg, Dietary Fiber: 10g

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