

Child Nutrition April Newsletter

Marianne Heuchert • hace 19 días • Friday, Mar 31 at 2:00 PM • Orcutt Union School District



CHILD NUTRITION - **APRIL 2023** - NEWSLETTER

DIRECTOR'S MESSAGE:

Hello all!

We are excited to welcome Spring!

Here are some of the exciting changes that the Department of child Nutrition has implemented to increase the healthy options offered for all meals:

1. Discontinuing of all high sugar cereals from elementary breakfast.
2. Adding of newer fresh vegetables to all salad bars such as yam sticks, jicama sticks and edamame beans.
3. Adding a flavor station to the new Orcutt Academy High salad bar that does not increase sodium, sugar, fat or calories – just adds GREAT flavor!!
4. Adding a low-fat yogurt to many menus and recipes.
5. Increasing scratch cooked entrée items for lunch and breakfast meal offerings.

To view all of our menus please go to:

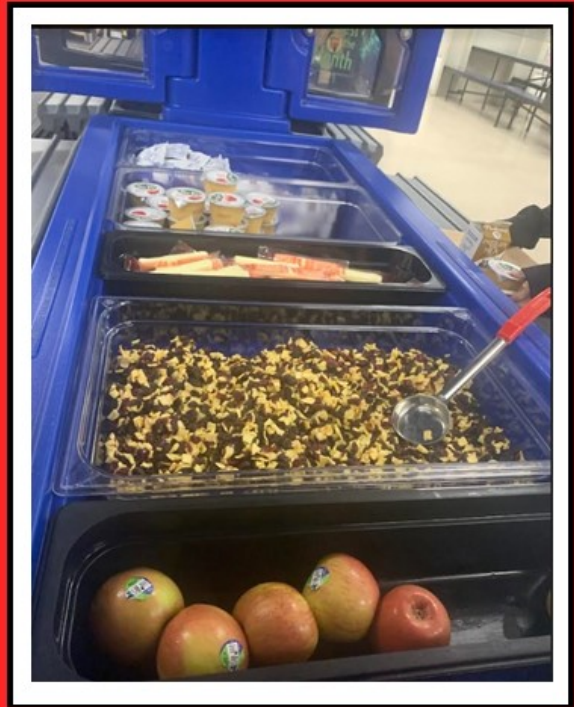
<https://www.myschoolmenus.com/organizations/792>

KITCHEN - NEWS

Breakfast at school!

A sample of the breakfast offered at
the elementary schools.

New item - Bagel, egg and cheese sandwich.



Parfaits!

Locally frozen fresh strawberries, vanilla yogurt served with granola.

Served at the Jr. Highs
and the High School.

Served at the
Elementary schools.



Strawberry & Banana Smoothies!!

Offered daily for lunch at the Jr. Highs & Orcutt Academy High.



FAMILY FRIENDLY RECIPES

Strawberry Spinach Salad

Could exchange spinach for other varieties of salad that you children prefer.



Strawberry Spinach Salad

This Strawberry Spinach salad with it's balsamic poppyseed dressing is the perfect easy side dish for a picnic or BBQ, or just a weeknight meal!

Prep Time
15 mins



★★★★★
5 from 20 votes

Course: Salad Cuisine: American
Keyword: strawberry spinach salad Servings: 6 people
Calories: 391kcal Author: Lisa Longley

Ingredients

For Strawberry Spinach Salad

- 10 ounces fresh baby spinach
- 1 quart strawberries quartered
- 1/2 red onion sliced thin
- 1/4 cup almond slices toasted (see note)
- 4 ounces feta cheese

For Balsamic Poppyseed Dressing

- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1/2 cup white sugar
- 1 tablespoon poppyseeds
- 1 tablespoon minced red onion

Instructions

To make the salad dressing

1. Combine all of the ingredients for the dressing in a mason jar. Shake well until the sugar is dissolved and the dressing is combined.

To Make the Salad

1. Combine all the ingredients for the salad in a large bowl. Very lightly dress the salad right before serving, reserving the rest of the dressing on the side for people to add more.

Notes

To toast almonds place a small skillet over low heat. Spray lightly with cooking spray. Add almond slices and stir often until desired level of toasted-ness, about five minutes. Cool before adding to the salad.

Nutrition

Calories: 391kcal | Carbohydrates: 33g | Protein: 5g | Fat: 28g | Saturated Fat: 6g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 17g | Cholesterol: 17mg | Sodium: 242mg | Potassium: 423mg | Fiber: 3g | Sugar: 28g | Vitamin A: 4550IU | Vitamin C: 66.8mg | Calcium: 160mg | Iron: 2.3mg

Healthy Strawberry Oatmeal Bars



Ingredients

For the Strawberry Bars:

- 1 cup [old-fashioned rolled oats](#) *gluten free if needed*
- 3/4 cup [white whole wheat flour](#) or substitute *all-purpose flour* or [1:1 baking flour](#) to make gluten free
- 1/3 cup light brown sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon [kosher salt](#)
- 6 tablespoons unsalted butter *melted (or substitute melted coconut oil to make vegan/dairy free)*
- 2 cups small-diced strawberries *about 10 ounces, divided*
- 1 teaspoon cornstarch
- 1 tablespoon freshly squeezed lemon juice *from about 1/2 small lemon*
- 1 tablespoon [granulated sugar](#) *divided*

For the Vanilla Glaze (optional but delicious, especially if you prefer a sweeter bar):

- 1/2 cup [powdered sugar](#) *sifted*
- 1/2 teaspoon [pure vanilla extract](#)
- 1 tablespoon milk *any kind you like*

Instructions

- 1 Place a rack in the center of your oven and preheat to 375 degrees F. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.
- 2 In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
- 3 Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
- 4 Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely (you can speed this process along in the refrigerator).
- 5 While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth. Feel free to add more milk if a thinner consistency is desired. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice, and serve.



LINKS & IMPORTANT INFORMATION

<https://www.mymealtime.com/>

Since the Child Nutrition Department has gone "cashless" at the school sites, parents will need to either make an online deposit or bring cash/check to the Child Nutrition Office behind the Technology/Enrollment building. Get the app for easy accessibility.

<https://www.mymealtime.com/apps>

Due to OUSD being a Provision 2 school and the CA Universal Meal Plan **all students can receive one breakfast and one lunch for FREE**. However, by filling out the Free and Reduced Meal application it could benefit the district by receiving more funding for special programs for students.



<https://www.myschoolmenus.com/instance/797/district/792>



All breakfast, lunch and afterschool menus are posted. Menu items are subject to change, as necessary, so please check daily. Get the app for easy accessibility.

CONTACT INFORMATION



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<https://www.orcuttschools.net/child-nutrition/>

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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