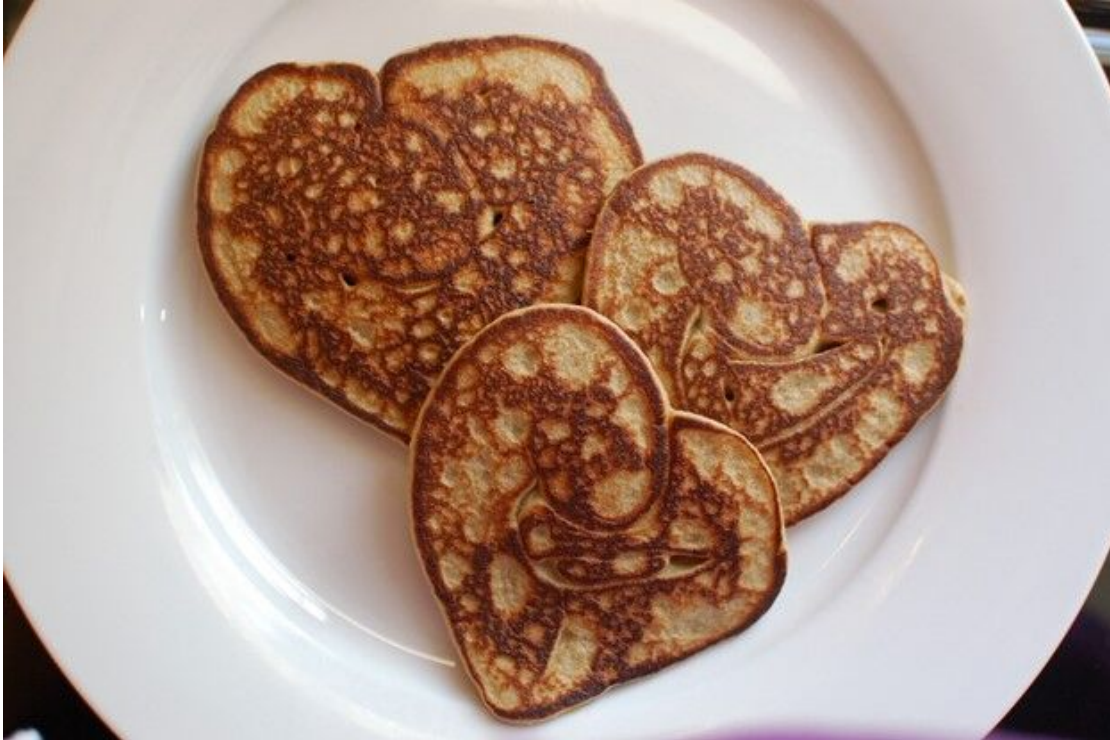


Child Nutrition February Newsletter

Marianne Heuchert • hace 2 meses • Monday, Feb 6 at 1:36 PM • Orcutt Union School District



CHILD NUTRITION - **FEBRUARY 2023** - NEWSLETTER

DIRECTOR'S MESSAGE:

1. 2nd chance breakfast started being served at all elementary sites on Tuesday January 17th, 2023. It was a **GREAT** success! We are hoping to see less head and stomach aches, and more students better prepared for learning. Yippee!!!
2. A scratch cooked, whole grain bagel, egg and cheese sandwich will be offered at elementary breakfasts starting February 8, 2023. Please remember to come to breakfast early before school starts, as these will most likely go fast!
3. The "rain day" occurrence on January 10th was unfortunate on many levels. We were unable to serve Domino's Pizza the following day, and I have heard there were many disappointed students. In the future, as the Director of Child Nutrition program, I will do everything possible to never change pizza day ever again! Please accept my apologies and know that a student's happiness matters greatly to me as well. Please also remember to check menus online daily, as menus are subject to change.

KITCHEN - NEWS

Special delivery of fresh and delicious Bartlett Pears in late January to all our school sites! Coming soon this month: sweet potato sticks, jicama sticks and shelled edamame



What's happening at Orcutt Academy High?!? A brand new adult height SALAD BAR and accessories has finally arrived!! Look for more items being added soon to the salad bar!!





FAMILY FRIENDLY RECIPES



<https://www.yummytoddlerfood.com/flourless-cocoa-protein-muffins/>

Ingredients

- 1 cup peanut butter or Sunbutter
- 1 cup roughly chopped very ripe banana
- 1 cup roughly chopped raw zucchini (or summer squash)
- 1 cup kale leaves, lightly packed (or spinach)
- 3 eggs
- 1/4 cup honey (or maple syrup)
- 1 teaspoon vanilla extract
- 1/4 cup cocoa powder
- 2 tablespoons ground flaxseeds
- 1 teaspoon baking powder
- chocolate chips (optional)

Instructions

1. Preheat oven to 350 degrees F and grease a mini or standard size muffin tin with nonstick spray.
2. Place all ingredients into a blender. Blend until very smooth, stopping to scrape down the sides of the blender and/or using the stick that came with it to move the ingredients around if needed.
3. Fill muffin cups about 1/2 full using about 1/4 cup batter in each. Top with chocolate chips, if using.
4. For regular muffins: Bake 22-24 minutes or until a cake tester inserted into the center comes out cleanly.
5. For mini muffins (or a donut pan): Bake 14-16 minutes or until a cake tester inserted into the center comes out cleanly.
6. Let cool for 5-10 minutes in the pan, run a knife around the edges, and carefully transfer to a wire rack to cool.

Notes

- Store for 3-5 days in an airtight container in the fridge or in a sealed freezer bag in the freezer for up to 3 months. Thaw overnight in the fridge or at room temperature.
- Use a very ripe banana with brown spots for the best natural sweetness.
- I use natural unsweetened peanut butter in this recipe.
- Nut-free: Use Sunbutter instead of peanut butter.
- If your peanut butter has been in the fridge, let it sit at room temperature for an hour before using OR warm for 15 seconds in the microwave.
- Spray your measuring cup with nonstick spray before measuring the honey to make it easier to pour out.
- Stir a handful of chocolate chips into the batter to make it slightly sweeter.
- Let the muffins cool in the pan for 5-10 minutes to make it easier to get them out of the pan.
- I find that these taste best with greens that have been frozen and once the muffins have been fully cooled (and even chilled in the fridge for a bit!)



<https://meaningfuleats.com/4-valentines-kids-snacks-gluten-free/#wprm-recipe-container-25887>

Ingredients

- 1 gluten-free bagel (I like Canyon Bakehouse or Trader Joe's)
- Pizza sauce I like Trader Joe's Pizza sauce
- Mozzarella
- Pepperoni – cut out into a heart with a small heart cookie cutter

Instructions

1. Preheat the oven broiler. Spread pizza sauce on both sides of the bagel. Sprinkle with cheese and top with the heart pepperoni.
2. Broil for 3-4 minutes until golden and bubbly. Let sit for 2-3 minutes before serving. Enjoy!



<https://mykidslickthebowl.com/hidden-vegetable-lasagne/>

Ingredients

- 2 Tbsp olive oil
- 1 brown onion 130g
- 2 small carrots 100g
- 2 cloves garlic
- 500g beef mince
- 1.5 L Passata (Tomato Purée)
- 60 g Spinach (approx half 1 washed bag)
- 200g Mushrooms
- 180g red lentils
- 2 Tbsp mixed dried herbs
- 1-2 Cups Water
- 1 Tbsp red wine vinegar
- 1/2 head cauliflower (600g)
- 3 Tbsp olive oil
- 60g flour
- 2.5 Cups Milk
- 2 Cups grated cheese (200g)
- 500g dry instant lasagne sheets

Instructions

1. Add oil to a large heavy based pan, heat
2. Cook onion until brown and soft to eat, about 10-15
3. Add garlic, cook for further 2 mins. (You may wish to chop the garlic into fine bits, and add them pretty much last)
4. Add mince and cook until brown
5. Add the water or vegetable stock to the mince. Put 1/2 of the passata in a blender, add the spinach, blend until you have a smoothie, set aside
6. Put 1/2 of the passata in a blender, add 1/2 of the mushrooms, blend until you have a smoothie, set aside
7. Blend the last third of the passata with the remaining mushrooms, set aside. (You have a huge blender you may be able to do bigger quantities and I am sure in your home kitchen which is possible but given a small blender)
8. Once mince has browned add all the tomato smoothies
9. Simmer for 15 mins
10. Add the cauliflower, stir well
11. Simmer until soft - Check, taste the sauce, you may need to add 1/2 cup of water to allow the lentils to soften, as they will absorb moisture from the sauce as they cook. I had to let it sit for 15 mins, so after you have and up with a steady simmer for the rest
12. Cook the meat sauce in a separate pan, using the cauliflower smoothie and transfer that pan. I usually use a milk boiler for the cauliflower
13. Now make the bechamel sauce, melt by melting the milk, you can do this in the microwave if you wish
14. In a separate pan heat oil, add the flour and cook for 2 mins
15. Gradually add the milk while whisking continuously, you will end up with a smooth thick sauce, add the passed sauce. Once smooth though, stir in the cauliflower puree
16. Cook off the meat sauce by removing it to a hot plate and prepare a second batch of cauliflower smoothie, the recipe says to cook for 10 mins, I don't think that's long enough to cook the cauliflower
17. Now before the meat sauce, when you add the veg, heat with a splash of water. The milk pan, then a splash of water, top with pasta sauce, and repeat. (Heat, pasta, when sauce, repeat. Repeat until you are finished for 10-15 mins. Cook with a splash of water for the last 5-10 minutes)
18. Assemble the top with milk and cauliflower smoothie
19. Sprinkle the top with milk and cauliflower smoothie
20. Bake for 30 mins at 180 degrees Celsius, or 350 Fahrenheit
21. Allow to rest a little before you cut and serve. A little longer a little better since a hot oil stopped bubbling

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



Child Nutrition
DEPARTMENT

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

Marianne Heuchert, Office Manager

805-938-8926 or mheuchert@orcutt-schools.net

Cynthia Melendez, Office Clerk

805-938-8924 or cmelendez@orcutt-schools.net

Bethany Markee, Director

805-938-8925 or bmarkee@orcutt-schools.net

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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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