

Child Nutrition January Newsletter

Marianne Heuchert • hace 3 meses • Wednesday, Jan 4 at 9:00 AM • Orcutt Union School District



CHILD NUTRITION - JANUARY 2023 - NEWSLETTER

DIRECTOR'S MESSAGE:

Here is some great news from Child Nutrition, to bring in the New Year!:

1. A 2nd chance breakfast will be offered starting January 17, 2023.
2. A scratch cooked, whole grain bagel, egg and cheese sandwich will be offered at elementary breakfasts starting February 8th, 2023.
3. A scratch made strawberry yogurt parfait with Santa Maria grown strawberries will be offered starting February 8th, 2023.
4. Finally, we hope to offer a chocolate hummus for the bagels very soon.

IMPORTANT PROGRAM INFORMATION

Due to the new Universal Meals Program of the State of California, reimbursement rates from the state and federal have increased, therefore, we are required to increase our 2nd meal pricing.

Effective January 9th, 2023

2nd Meal Pricing (including extra slice of pizza):

Lunch \$5.25

Breakfast \$ 3.50

Thank you,
The Child Nutrition Department

We are proud to announce we are adding the 2nd chance breakfast service at elementary schools!!

Starting Tuesday, January 17th, 2023

Alice Shaw, Joe Nightingale, Patterson Road, Pine Grove & Ralph Dunlap will be serving everyday a

2nd chance breakfast during morning recess.

Every student is entitled to ONE free breakfast daily.

There will now be a choice between the breakfast served before school OR the 2nd chance breakfast at recess.

Students may purchase extra breakfasts for an additional \$3.50

Students must have money in their meal account.

To make a deposit follow this link: <https://www.mymealtime.com/>



FAMILY FRIENDLY RECIPES

PASTA SALAD TO GO - The tuna can be switched out for cooked boneless chicken.

<https://www.bbcgoodfood.com/recipes/storecupboard-pasta-salad>



Ingredients

- 2 tsp finely chopped [red onion](#)
- 1 tsp [caper](#)
- 1 tbs [pesto](#)
- 2 tsp [olive oil](#)
- 185g [can of tuna](#) in spring water, drained
- 100g [leftover pasta](#) shapes
- 3 sundried tomatoes, chopped

Method

- STEP 1**
Mix the onion, capers, pesto and oil.
Flake the tuna into a bowl with the pasta and tomatoes, then stir in the pesto mix.

GRILLED CHEESE - Try adding tomatoes or spinach to the sandwich and make ahead for a picnic.

https://www.superhealthykids.com/wprm_print/41425



Whole Wheat Grilled Cheese Sandwich
★★★★★

Course	Lunch
Cuisine	American
Keyword	Whole Wheat Grilled Cheese Sandwich
Prep Time	10 minutes
Cook Time	5 minutes
Total Time	15 minutes
Servings	4
Calories	379kcal

Ingredients

- 8 slice bread, whole wheat
- 1 cup cheddar cheese, shredded
- 1 tablespoon [olive oil](#)

Serve With

- 2 medium apple
- 4 cup sugar snap peas

Instructions

1. Preheat a skillet over medium heat. Lightly brush one side of each slice of bread with the olive oil.
2. Place 1 slice of bread into the skillet, oiled side down.
3. Sprinkle 1/4 cup of cheese onto the bread then top with another slice, oiled side up.
4. Cook until bread is golden brown and cheese has melted, flipping half way through.
5. Repeat until all remaining ingredients have been used.
6. Serve with apple slices and sugar snap peas on the side.

LEMONY SNACK MIX - I would try only using 1 cup baking chips and 1 cup of confectioner's sugar instead to reduce the amount of sugar.

<https://www.tasteofhome.com/recipes/lemony-snack-mix/print/>



Ingredients

5 cups Rice Chex

4 cups Corn Chex

1-1/2 cups white baking chips

4 teaspoons grated lemon zest

2 tablespoons lemon juice

1/4 cup butter, softened

1-1/2 cups confectioners' sugar

1/4 cup yellow coarse sugar, optional

Directions

1. Place cereals in a large bowl. In top of a double boiler or a metal bowl over hot water, melt baking chips with lemon zest and juice; stir until smooth. Stir in butter until blended.

2. Pour over cereal; toss to coat. Add confectioners' sugar and, if desired, coarse sugar; toss to coat. Spread onto waxed paper to cool. Store in an airtight container.

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/>

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