

# Child Nutrition March Newsletter

Marianne Heuchert • hace 2 meses • Wednesday, Mar 1 at 9:00 AM • Orcutt Union School District



## CHILD NUTRITION - **MARCH 2023** - NEWSLETTER

### Breakfast Fun Fact

Students who eat breakfast have improved *brain function* (especially memory) and experience improved mood.

## **DIRECTOR'S MESSAGE:**

**March is National School Breakfast Week!**

**Our 2nd Chance Breakfast Program at the Elementary schools has been a success! We have more than tripled the number of students having access to a free breakfast! Lots of hungry students are now able to focus & learn better!**

**The Orcutt Child Nutrition Program has successfully passed stage one of the Provision 2 (P2) program requirements for the 2022-2023 school year. Congratulations to all the hard-working staff members that make this accomplishment possible. With this program, our reimbursement monies increase, making it easier to transition to adding more healthier scratch meals, *as long as shipping delays and availability improve...***

**Added to the salad bars in February fresh jicama sticks, yam sticks and edamame, all products of California.**



## KITCHEN - NEWS

**Help celebrate National School Breakfast Week  
March 6th through March 10th!**

**No Kid Hungry Starts With  
Breakfast!**

Check out the breakfast options at our schools:

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

Great information about students and the importance of  
breakfast:

<https://state.nokidhungry.org/california/school-breakfast/>



**FAMILY FRIENDLY RECIPES**

## Breakfast Quesadilla:

<https://natashaskitchen.com/breakfast-quesadillas/#jump-to-recipe>



### Ingredients

#### Ingredients for 1 Breakfast Quesadilla:

- 1 flour tortilla, 8" in diameter
- 2 large eggs
- 1 Pinch salt and pepper
- 1/4 cup shredded cheese, medium cheddar or mozzarella

#### Select Your Meat/ Protein:

- 3 oz breakfast Sausage, 2 patties
- 2 slices ham, (2 oz) chopped
- 2 slices bacon, (2 oz), sliced

#### Instructions

1. Heat a non-stick pan over medium heat. Cook Sausage or Bacon until browned and cooked through then remove to a plate. If using cooked ham, you can heat it up or just add it over the cheese in step 4. Wipe excess oil from skillet if needed. Reduce heat to low.
2. In a measuring cup, add 2 eggs with a pinch of salt and pepper, or add seasoning to taste. Beat with a fork. Add beaten eggs and swirl to spread evenly over the bottom of the pan. Cook over low heat until When eggs are nearly cooked through (if you tilt the pan they shouldn't run).
3. Sprinkle the top with 2 Tbsp shredded cheese then cover with a tortilla. The cheese will make the tortilla stick to the egg. Use a large tortilla to get under the egg and quickly flip over.
4. Sprinkle another 2 Tbsp of cheese or add cheese to taste. Sprinkle your cooked protein (sausage, bacon or ham) over half of the surface and fold the tortilla in half. Sauté on both sides until golden brown.\* Remove from skillet and use a pizza cutter to cut quesadilla into wedges and serve warm.

## Avocado Toast:

<https://www.createkidsclub.com/smashed-avocado-toast/>



### **Avocado Toast with Scrambled Egg**

- 1 slice gluten-free bread, toasted
- 1/4 large avocado, sliced
- 1 large egg, scrambled
- 1 slice sharp cheddar cheese ✓

### **Avocado Toast with Fried Egg**

- 1 slice gluten-free bread, toasted
- 1/4 large avocado, sliced
- 1 large egg, fried

### **Avocado Toast with Bacon, Lettuce, and Tomato**

- 1 slice gluten-free bread, toasted
- 1/4 large avocado, sliced
- 1 slice bacon, cooked ✓ we used precooked bacon
- 1 slice tomato
- 2 tablespoons shredded lettuce, or a lettuce leaf

### **Avocado Cheese Toast**

- 1 slice gluten-free bread, toasted
- 1/4 large avocado, sliced
- 1 slice sharp cheddar cheese ✓

## Instructions

### Avocado Toast with Scrambled Egg

1. **Mash the avocado.** Add avocado sliced to the bread, using a fork, gently mash the avocado (if avocado is not very soft, mash in a bowl first).
2. **Add the cheese and egg.** Top the avocado with sliced cheese and scrambled egg. Season with salt and pepper if desired.
3. **Microwave to melt the cheese.** Place the toast on a microwave safe plate. Heat for 20-30 seconds, or until cheese starts to melt.

### Avocado Toast with Fried Egg

1. **Mash the avocado.** Add avocado sliced to the bread, using a fork, gently mash the avocado (if avocado is not very soft, mash in a bowl first).
2. **Top with the fried egg.** Add fried egg to the toast and enjoy.

### Avocado Toast with Bacon, Lettuce, and Tomato

1. **Mash the avocado.** Add avocado sliced to the bread, using a fork, gently mash the avocado (if avocado is not very soft, mash in a bowl first).
2. **Add bacon, lettuce, and tomato.** Add the lettuce, bacon, and then tomato to the toast. Season with salt and pepper if desired.

### Avocado Cheese Toast

1. **Mash the avocado.** Add avocado sliced to the bread, using a fork, gently mash the avocado (if avocado is not very soft, mash in a bowl first).
2. **Add the cheese, then melt.** Add a slice of cheese on top of the mashed avocado. Place toast on a microwave safe plate and heat for 20-30 seconds or until cheese starts to melt.

<https://www.cleaneatingkitchen.com/healthy-breakfast-ideas-for-kids/>



## 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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