



Marianne Heuchert <mheuchert@orcutt-schools.net>

October Child Nutrition Newsletter

1 message

Marianne Heuchert via ParentSquare <donotreply@parentsquare.com>

To: mheuchert@orcutt-schools.net

Thu, Oct 5, 2023 at 9:03 AM

CAUTION: This email originated from outside your organization. Exercise caution when opening attachments or clicking links, especially from unknown senders.



Orcutt Union School District

Marianne Heuchert posted in Orcutt Union School District

October Child Nutrition Newsletter



CHILD NUTRITION - **OCTOBER 2023** -
NEWSLETTER

DIRECTOR'S MESSAGE:

We are Celebrating Oct 9-12 National School Lunch Week!

What Is NSLW?

Learning is tough work—and kids need fuel if they're going to learn! That's why a healthy midday meal is crucial to the growing children who go to school. Since 1962, when President John F. Kennedy created National School Lunch Week (NSLW), this annual observance has promoted the importance of a healthy school lunch in a child's life and the impact it has both in and out of the classroom.

The Importance of School Lunch

Even though National School Lunch Week was declared in 1962, the National School Lunch Program goes back even further, back to 1946. Created to provide nutritious meals to children from low-income families who might not otherwise have access to a daily meal, NSLP ensures the health and well-being of all public school students, boosts academic performance by giving students the fuel they need to succeed, and closes the opportunity gap for children across the country. Today, the National School Lunch Program serves nearly 30 million children every school day. Not only does it reduce childhood hunger, but it also supports American agriculture.

What NSLW Aims to Do

Despite the critical role NSLP plays in the health and success of American youth, many people still don't understand its importance—including some families who could benefit from it! During the weeklong celebration, held annually during the second full week of October, SNA members and their students will celebrate with special menus, events, activities, and much more, all with the goal of...

- Increasing student participation.
- Spreading the message to parents that you're serving healthy, delicious lunch at school.
- Earning media coverage from local papers, TV stations and bloggers.
- Connecting with teachers and administrators at your school or in your district to spread the word that school meals are healthy and delicious.

Total meals served for the month of Sept (19 days):

28,039 breakfasts (before school, 2nd chance and nutrition break)
55,708 lunches
8,502 suppers (Campus Connection/E.L.O.P.)
92,249 meals served = average 4,855 meals prepared and served daily!!

Last school year for the month of Sept (20 days) we were at:

18,526 breakfasts
54,938 lunches
7,155 suppers
80,619 meals served = average 4,031 prepared and served daily

On Sept 26th our Central Kitchen staff made scratch-made Beef and Bean Tostada topping for our elementary sites. Students were able to eat them with Taco- Works "Montana De Oro" Tortilla chips that are made locally in San Luis Obispo to meet school nutrition guidelines. Total students served at the elementaries was 2,028.





KITCHEN - NEWS

At the Academy High School we received a "Let's Eat Healthy" grant from the Santa Barbara School

Wellness Council. This grant allowed the District to purchase these tall top tables and chairs for the cafeteria. We have been working last school year and this school year to improve equipment, menu items and the look of the cafeteria. By doing this we are hoping to encourage students to eat healthy and to feel welcomed in their cafeteria.





At Orcutt Junior High we have added serving breakfast before school!!

Student may only receive ONE breakfast for FREE either before school or during their "Nutrition Break".





FAMILY FRIENDLY RECIPES

With fall and cooler weather coming try this muffin recipe for a fast breakfast:

<https://www.thepioneerwoman.com/food-cooking/recipes/a8888/moist-pumpkin-spice-muffins-with-cream-cheese-frosting/>



Pumpkin Spice Muffins with Cream Cheese Frosting

The cream cheese frosting is optional but so worth it!

BY REE DRUMMOND Pub Med: Sep 7, 2023

YIELDS:

12 servings!

PREP TIME:

20 mins

TOTAL TIME:

45 mins

Ingredients

FOR THE MUFFINS:

- 1 c. all-purpose flour
- 1/2 c. granulated sugar
- 2 tsp. baking powder
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/2 tsp. nutmeg
- 1/2 tsp. salt
- 1/4 c. butter, cut into pieces
- 1 c. (heaping) pumpkin puree
- 1/2 c. evaporated milk
- 1 egg
- 1/2 tsp. vanilla extract

1 For the muffins: Preheat the oven to 400°F. Generously grease a 12-cup muffin tin.

2 In a large bowl, sift the flour, sugar, baking powder, cinnamon, ginger, nutmeg, and salt. Cut in the butter using two knives or a pastry cutter until it is fully incorporated.

3 In a separate bowl, mix together the pumpkin puree, evaporated milk, egg, and vanilla. Pour the pumpkin mixture into the flour mixture. Add the raisins, if using. Fold gently until the mixture is just combined.

4 Pour the batter into the greased muffin tin (the batter hardly ever fills all twelve unless you fill the cups half full).

5 For the topping: In a small bowl, combine the sugar, cinnamon, and nutmeg. Sprinkle all over the top of each unbaked muffin.

6 Bake until golden brown, 20 to 25 minutes. Allow the muffins to cool in the pan for 10

minutes, then remove them from the pan to cool completely.

FOR THE TOPPING:

2 tbsp. granulated sugar

1 tsp. cinnamon

1/4 tsp. ground nutmeg

FOR THE FROSTING:

1/4 c. salted butter, softened

1 oz. cream cheese, softened

1/2 lb. powdered sugar

1/2 tsp. vanilla extract

For the frosting: In the bowl of an electric mixer, combine the butter, cream cheese, powdered sugar, and vanilla. Mix on high until soft and whipped. Spread onto completely cooled muffins, or place into a large pastry bag with a large star tip and go crazy! Store in the fridge, as icing will soften at room temperature.

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>



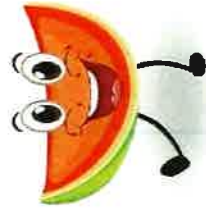
Due to OUSD being a Provision 2 school and the CA Universal Meal Plan **all students can receive one breakfast and one lunch for FREE**. However, by filling out the Free and Reduced Meal application it could benefit the district by receiving more funding for special programs for students.

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



All breakfast, lunch and afterschool menus are posted. Menus 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/](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

COMING SOON:
Nutrition Coordinator / Registered Dietician



Bethany Markee, Director

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

Non-Discrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual

orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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

This institution is an equal opportunity provider.

[View in ParentSquare](#)

Please do not reply to this email.

Stay involved with your child's learning and activities at school.



You received this email because you are a ParentSquare user in Orcutt Union School District. If you received this email in error or wish to disable your account, [click here to unsubscribe](#).

ParentSquare Inc · 6144 Calle Real, #200A · Goleta, CA 93117