

# FOOD FOR THOUGHT

*A monthly publication of OUSD Nutrition Services*

Volume 5, Issue 4

## NATIONAL SCHOOL BREAKFAST WEEK



**HELP STUDENTS AT YOUR SCHOOL BECOME  
BREAKFAST DETECTIVES!**

**MARCH 7-11, 2011**

Although everyone has heard the old saying "Breakfast is the most important meal of the day", too many children continue to miss out on the morning meal. Unfortunately, skipping breakfast has a negative impact on student achievement, behavior and overall health.

To help turn the tide, Nutrition Services is promoting "School Breakfast Detectives" a campaign aimed to remind students of the importance of eating breakfast and encourage them to be on the look out for healthy breakfast options. This campaign will run from March 7 -11, 2011 in honor of National School Breakfast Week. Want to help promote the most important meal of the day? Here's how:

- Hang the *Top Ten Reasons to Eat Breakfast* poster in your cafeteria!
- Talk to students about special meals like Green Eggs & Ham on Dr. Seuss's birthday (Mar 2) and fun activities during National School Breakfast Week (Mar 7 - 11).
- Remind teachers, parents and students that school breakfast is free!
- Encourage students to enter the Book Cover contest!

For more information about how you can get involved, contact Joyce Peters at [joyce.peters@ousd.k12.ca.us](mailto:joyce.peters@ousd.k12.ca.us)

## GRAB & GO BREAKFAST IS COMING!

We love hearing new ideas and announcing pilot programs aimed to improve the school food program, but we especially love it when these ideas come from OUSD students themselves. Grab & Go Breakfast definitely falls into this category as it has been completely student driven.

Earlier this year, a cadre of students at the Fremont Federation of High Schools noted that school breakfast participation had been low for some time. Rather than complaining or doing nothing, the students took action. In conjunction with OUSD Nutrition Services and other on-campus groups, they conducted surveys with their peers: how did the student body think that breakfast could be improved?

The result? A "grab and go" breakfast option! Essentially a bagged breakfast, this option will allow students to take their breakfast "on the go" and enjoy it in the classroom. Two of the Fremont Federation schools will help pilot this program during National School Breakfast Week and we can't wait to hear what they think!

Have something to say about the food served in our schools?

Join us at the next meeting  
of the  
**Nutrition Advisory Council**

**March 4, 2011**  
2:30 - 4:00 p.m.  
900 High St. Oakland

We want to hear from you!

# Meal Program Improvements

We've been working diligently for more than a decade to improve the meal program and school food environment for our students. What kind of improvements have we made? Look no further. And check out all of our improvements in, full along with our plans for the future here: [www.ousd.k12.ca.us/nutritionservices](http://www.ousd.k12.ca.us/nutritionservices)

## 1. Eliminated the following unhealthy items:

- Soda (Not served and not available in vending machines on school campuses)
- High sodium items
- 90% of white bread (We offer whole grain items instead.)
- Trans fats (Any item that contains "partially hydrogenated oil")
- 2% milk
- Deep fryers from all schools

## 2. Reduced the frequency of serving these unhealthy items:

- Chocolate milk is offered one time per week (1% and nonfat white milk are offered daily)
- Pizza is offered one day a week in Elementary Schools
- 100% Juice is limited to three days per week in Elementary Schools
- Processed Foods
- Working with students, we developed a High School menu that is 80% scratch cooking.
- Created recipes for Elementary and Middle schools that eliminate pre-made food.
- Implemented a scratch cooking menu at the following elementary school sites: Bella Vista, Franklin, Garfield, Lincoln, Manzanita Community, Manzanita SEED, New Highland Academy, RISE Community School, Esperanza, and Korematsu.

*Note: Only 25 of our 91 cafeterias have full operating kitchens that can be used to prepare fresh food daily for students. The majority of these kitchens are at Middle and High Schools. As such, 73% of all meals served as part of the OUSD meal program are produced at two central kitchens (Oakland High & Prescott).*



## 3. Increased availability of fresh fruit and vegetables through various strategies:

- Fresh Salad Bars are offered at 56 schools. Funding for 5 additional salad bars has recently been secured.

*Note: Approximately 25% of school sites do not have the facility to provide a salad bar and be in compliance with food safety regulations.*

- Mondays are now "meatless" at all schools; only vegetarian options are served.
- Fresh fruit is offered daily at breakfast.
- Fresh produce is offered daily at lunch at all schools.
- Funding through a Fresh Fruit & Vegetable Grant provides an additional snack of fresh produce three times a week, at the following four elementary schools: Learning Without Limits, Futures, Esperanza and Think College Now.

# Employee of the Month

It's that time again...time to brag about another one of our amazing employees. The third Employee of the Month of the 2010-2011 school year is "a very hard worker" who not only "sets up for lunch and the salad bar", but she can often be found "putting all the groceries away by herself". This tireless worker "gets along with everyone and is "very patient, taking the time to explain things thoroughly to co-workers". Lastly, she's "always there when we need her" and she is "very, very organized". Well, who is this OUSD super star?

Congratulations to our February Employee of the Month:

**Bo Chee Kwong**  
of Bret Harte Middle School

We are so thankful to have Bo on our team! She will receive recognition at the managers meetings, a certificate, and a gift card! Our small way of saying thanks for a job very well done!

*Do you know someone who deserves to be Employee of the Month? Just fill out a nomination form, which can be found at the High Street Office, and either drop it in the nomination box right there, or fax it to 879-1779.*

## SCHOOL NUTRITION NEWS

The 58<sup>th</sup> Annual California School Nutrition Association recently convened over a weekend in January. Read on for highlights (and a wee bit of bragging):

- Celebrity Chef **Jamie Oliver** giving props to California for “leading the way by cutting out sodas and offering more fresh fruits and vegetables” during his keynote address! You may remember Mr. Oliver from last year’s television program, *Jamie Oliver’s Food Revolution*, during which he clashed with nutrition services staff in Huntington, West Virginia. Although the show brought much needed attention to school food, Mr. Oliver conceded that funding is the main roadblock to further improvements. “Many of you know you could do better if only you had half a second or more money”. Be on the look-out for the the new season of his show.
- Our own Menu Planner and Registered Dietitian **Amy Glodde** leading a workshop to encourage Nutrition Services Programs to better partner with the After School Programs at the schools in which they serve. Improved communication is the key!
- Our rock-star Field Supervisors: **Donnie Barclift, Sherry Carpenter, Cassandra Reed** and **Deborah Shahbapour** sharing OUSD’s successes and challenges with the salad bar program. It was a fantastic presentation which earned OUSD, and all of you, the applause you all deserve!

“This state is leading the way by cutting out sodas and offering more fresh fruits and vegetables!”

- Jamie Oliver



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### Salad Bars

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We are absolutely thrilled to announce that Oakland Schools Foundation received a grant award on behalf of five OUSD schools! This grant, funded by Bechtel, will be used to facilitate the installation of salad bars in the following schools:

Allendale Elementary School  
Hoover Elementary School  
Sankofa Academy Elementary School  
Frick Middle School  
Madison Middle School

Funding will be allocated to these schools for actual costs, up to \$7,000 each! Stay tuned for an implementation schedule; we plan to roll out the new salad bars as soon as possible!

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### Farm to School

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More good news: Nutrition Services received a grant from the California Department of Food and Agriculture to implement our Farm to School program! This will include: investigating the feasibility of contracting with local vendors that feature sustainable products, increasing local produce procurement, increasing the number of school menus that incorporate and identify local produce, and educating school communities about the importance of local farms.

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### Website

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Download menus! Get allergen information! Read about our work!  
See links we like!  
Learn about the Wellness Policy!

Do all of this and more at the Nutrition Services website!  
[www.ousd.k12.ca.us/nutritionservices](http://www.ousd.k12.ca.us/nutritionservices)



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SCHOOL DISTRICT

Community Schools, Thriving Students

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OUSD Nutrition Services continually strives to create a world class Nutrition Services program that is recognized in the state of California. We will provide nutritious meals to satisfied customers each and every day, period.

Our goals are threefold:

- 1) to become recognized as the leading school nutrition services provider in the Bay Area
- 2) to become the number one revenue generating Service Area for the District, and
- 3) to reach the 80th percentile in RATER.

Questions or comments about Food For Thought? Please email [ericka.doolittle@consultant.ousd.k12.ca.us](mailto:ericka.doolittle@consultant.ousd.k12.ca.us)



## PARMESAN ROASTED BROCCOLI

Broccoli is a nutritional powerhouse!  
Just one serving of broccoli provides over 100% of the Vitamin C you need in one day, along with fiber, calcium, and Vitamin A.

Try roasted broccoli with this low-fat, tasty recipe!

- 4 to 5 pounds broccoli**
- 4 garlic cloves, peeled and sliced**
- 6 tablespoons olive oil**
- 1 1/2 teaspoons kosher salt**
- 1/2 teaspoon ground black pepper**
- 2 teaspoons grated lemon zest**
- 2 tablespoons lemon juice**
- 3 tablespoons pine nuts**
- 1/3 Cup grated Parmesan cheese**
- 2 tablespoons fresh basil leaves, sliced**

Preheat the oven to 425 degrees F.

Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. You should have about 8 cups of florets. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.

Remove the broccoli from the oven and immediately toss with 1 tablespoon olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil.