

# FOOD FOR THOUGHT

*A monthly publication of OUSD Nutrition Services*

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## Donnie wins national school meal contest!

Earlier this year, the Alliance for a Healthier Generation, the School Nutrition Association (SNA) and Rachel Ray's Yum-o! organization announced the nationwide **Yum-o! Healthier School Meals Contest**, challenging nutrition professionals to come up with an innovative and healthful school lunch which meets or exceeds the new USDA school meal guidelines. Over 50 entries were received as school professionals heeded the call. Three of these recipes were selected to be prepared and judged by students and contest officials based on nutrition, student appeal, presentation and ease of replication.



Rachael Ray and OUSD's Donnie Barclift

We couldn't be more thrilled to announce that our own **Donnie Barclift** emerged as the winner of the National Yum-o! Healthy School Meals Contest with his recipe for **Pozole con Pescado!** A delicious tomato broth featuring kale along with other vegetables, and served with a roasted fish on top, the winning Pozole con Pescado recipe also includes a melon medley on the side flavored with lime, mint and basil. (see recipe page 2)

As part of the prize package, Donnie flew to New York to attend a taping of the Rachael Ray Show during National School Lunch Week, accompanied by Director Jennifer LeBarre and Dietitian Joyce Peters. Donnie will also be featured in School Nutrition Magazine.

Founder of the Yum-o! organization and celebrity chef Rachael Ray applauds everyone involved with improving the health of students during the school day. "School food service professionals are doing incredible things to serve nutritious, flavorful meals," says Ray. "We were thrilled with the creative, healthy recipes submitted for the contest and congratulate Donnie and the other finalists!"

We couldn't agree more! We are so proud of Donnie and his team for the hard work they do every day, and for bringing home the top prize! Bravo!

## Measure J passed!

We are thrilled to report that Measure J, the bond proposition on the November 6th ballot aimed at improving the quality of Oakland schools and school facilities, passed with flying colors! It needed a supermajority 55% of votes to pass and it received an astonishing 84%, indicating that Oakland voters are indeed ready to invest in the future of Oakland students, school and school food.

What does this mean for Nutrition Services and school food facilities? The measure earmarks \$44 million for school food facilities improvements that will change for the better how we work and serve food to our students!

- A large central commissary kitchen with a large community garden is planned
- 17 schools will be updated to have full cooking kitchens
- 53 schools would get "finishing" kitchens in order to receive & serve meals prepared at the commissary kitchen
- 14 schools will become community kitchens that communities could use for small business support, and cooking lessons, thereby generating income for the district

# Employee of the Month!

It's back! The **Employee of the Month** program, that is. We're thrilled to announce our second recipient for the 2012-2013 school year. This all star employee is "loyal to a fault" and "outstanding with the kids". He is also described as "amazing to watch" and "a very hard worker and all around great guy".

## **Congratulations to our November/December Employee of the Month: Fred Dabs of Lincoln Elementary**

We are so thankful to have Fred on our team! He 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.*

## Donnie's winning recipe: Pozole con Pescado

### Ingredients:

#### Pozole

- 1-29 oz. can Crushed tomatoes
- 1-28 oz. can Hominy drained, reserving 1/2 cup of brine
- 2 tbsp. Chili powder 2 tbsp.
- 2 to 3 Garlic cloves minced
- 3/4 tbsp. Ground cumin
- 1/2 tsp. Cayenne pepper
- 1/4 tsp. Black pepper
- 4 oz. Canned diced chilies
- 1/2 cup Diced onions
- 1/2 cup Finely chopped celery
- 1 1/2 tbsp. Olive oil
- 2 cups Chopped fresh kale

#### Baked Fish Filets

- 1 1/4 lbs. Pollock Filet
- 1/8 tsp. Chili power
- 1/8 tsp. Granulated garlic
- 1/8 tsp. Ground cumin
- Olive oil or melted butter to coat baking pan

#### Melon Medley

- 1 cup Watermelon cubed 6 oz. Pineapple juice
- 1 cup Honeydew cubed 5 to 6 mint leaves
- 1 cup Cantaloupe cubed 1 to 2 basil leaves
- 1/2 tbsp. Lime juice 1/8 tsp. Sea salt



### Cooking Directions:

#### Pozole

1. Sauté onions, garlic and celery in olive oil until onions are translucent.
2. Add all the other ingredients. Bring to a simmer, cover and let simmer for 20 minutes, adding kale during the last five minutes.

#### Baked Fish Filets

1. Coat baking pan with oil or melted butter.
2. Lay filets in baking pan.
3. Combine the garlic and chili powder and cumin.
4. Sprinkle seasoning on filets and bake until done in pre-heated 350 oven.
5. Once done, allow fish to sit for 5 minutes then cut into chunks, 1 inch cubes.

#### Melon Medley

1. Mix cubed melon until evenly distributed.
2. Using a blender or food processor, blend all other ingredients until mint is finely chopped.
3. Pour mixture over melon and toss lightly until coated.
4. Refrigerate until ready to serve.
5. Lightly toss salad until pieces have been coated again.

## Employee Spotlight: Michele Ruiz

Name: Michele Ruiz

Position: Field Supervisor

Residence: Castro Valley

Describe your job in one sentence:

I supervise the supper program.

What did you do before coming to Nutrition Services:

I worked with San Francisco Unified.

What are you most passionate about at work: I am very passionate about feeding kids a well balanced meal!

Three things I love to do outside of work:

Sports, Swimming, and Baking

Favorite thing to cook: Puerto Rican food

Favorite thing to eat: Hawaiian food

Favorite thing about Oakland: The Oakland Athletics

Anything else: I love the fact that children who attend OUSD have great selections when it comes to school food!



We're so happy you're here! Welcome, Michele!



Aisha Tyler - talented actor, talk show host and author - recently shared her support for fresh, real school food before an engaged crowd at the Center for Ecoliteracy's California Food for California Kids conference held in Oakland last September.

*"It doesn't take rocket science to prove that kids need real food to learn, grow and succeed. And right now there is a movement building to make sure that we get real, fresh food into our schools. Oakland, my old stomping ground, is a leader in this cause and so are...school districts up and down the golden state. I support California food for California kids."*

We couldn't agree more, Aisha! Thanks for your support!

Interested in the food served at Oakland schools?  
We want to hear from you!

Join us for our next meeting:  
**Nutrition Advisory Council**

December 12th, 2-4 pm  
Place @ Prescott  
920 Campbell Street, Oakland  
Parent meeting room, M-8



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Oakland Unified School District,  
Nutrition Services  
and you'll always be in the loop.



# OAKLAND UNIFIED 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@ousd.k12.ca.us](mailto:ericka.doolittle@ousd.k12.ca.us)

## BAKED POTATO BAR

### Ingredients

- 1 medium russet potato for each person
- Your choice of toppings

### Preparation

1. Scrub potatoes clean and use a metal fork to poke a few holes in each potato.
2. Put potatoes on baking sheet and bake at 400 degrees for 50-60 minutes, until soft.
3. Cut potatoes lengthwise across the top of each potato and squeeze the ends together to open.
4. Let people "build their own potato" with healthful toppings from a potato bar. Enjoy!



### Toppings

#### Cheese

- shredded cheddar or jack
- crumbled blue or feta
- grated Parmesan

#### Herbs and Seasonings

- chopped fresh basil, cilantro, oregano, or dill
- crushed red pepper
- seasoned salt
- chopped chives

#### Meats

- chili
- fajita chicken
- pulled pork
- smoked salmon
- chopped salami or pepperoni

#### Vegetables

- chopped scallions or red onions
- steamed broccoli, green beans, or asparagus
- grilled corn
- beans (canned black beans or chili beans)
- chopped fresh tomatoes
- sauteed spinach
- sauteed mushrooms
- grilled onions
- roasted red peppers
- thawed frozen peas (no need to cook them)
- chopped avocados or guacamole