

FOOD FOR THOUGHT

A monthly publication of OUSD Nutrition Services

Volume 5, Issue 1

COMING IN OCTOBER!

THE IDEAL MEAL
WHAT DOES THAT MEAN TO YOU?

Local... Sustainable... Organic... Hormone-free...
We've all heard these terms used to describe the way food ought to be. This October, during National School Lunch Week, OUSD Nutrition Services will try its hand at serving the ideal meal to all students, no matter the cost or difficulty. Stay tuned for a full report!

School Produce Stands



The Oakland Farms-to-Schools Network is once again partnering with OUSD Nutrition Services to promote healthier communities by providing School Produce Stands!

Students, their families and community members can purchase fresh fruits, vegetables, eggs, nuts, and honey at 12 OUSD schools each week. Stay tuned for the produce stand schedule!



EMPLOYEE OF THE MONTH PROGRAM

OUSD Nutrition Services employees continue to inspire us with their dedication, problem solving skills and creativity! As such, we're so proud to be able to honor a select few for jobs incredibly well done. Our Employee of the Month Program will kick off for the new school year in October and run through June, 2011.

Do you know someone who deserves to be Employee of the Month? Please nominate him/her by filling out a nomination form which can be found at the High

Street Office, and either drop it in the nomination box or fax it to 510/879-1779. Each winner will receive recognition via this newsletter, at High Street, at his/her respective worksite, a certificate and a prize. Small tokens of our appreciation.



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HARVEST OF THE MONTH PROGRAM

Back by popular demand, the Harvest of the Month (HOM) program returns for the fourth consecutive year bringing fresh fruit and vegetable taste tests to students in 32 Oakland schools. In addition to the tasty produce, students also receive workbooks and stickers, and newsletters to take home to their families. Meanwhile, teachers are provided with classroom posters and an educator newsletter featuring the HOM fruit or vegetable that students get to taste.

Harvest of the Month - a statewide program, locally delivered through a partnership of the Alameda County Public Health Department and OUSD Nutrition Services - was designed to increase students' exposure to, and preference for seasonal fresh fruits and vegetables. This school year, students will no doubt delight in the delicious sampling of persimmons, peas, broccoli, and strawberries to name a few.

For a delicious recipe featuring tomatoes, the September HOM, see page 4 and for more information, please visit www.harvestofthemonth.com.



Legislative Happenings

Healthy, Hunger-Free Kids Act of 2010

On August 5th, the Senate unanimously passed The Healthy, Hunger-Free Kids Act of 2010 (S. 3307). This bill provides important provisions, including a six-cent increase in federal school lunch reimbursements and expansion of school meal eligibility, and it gives the Secretary of Agriculture the authority to set nutrition standards for all foods sold in schools throughout the school day. Our hats are off to Senator Blanche Lincoln and Majority Leader Harry Reid for their staunch support!

Excerpted from <http://www.schoolfoodfocus.org/>



Grass-fed beef: A better alternative

We think that on the occasions students are served beef, there is a market for ethically-raised, grass-fed beef. And we're not alone! Eight school districts across the country, including Oakland Unified, have signed on to include grass-fed beef on their menus during National School Lunch Week in October.

FREE BREAKFAST!

The facts don't lie: students who eat breakfast have fewer sick days, improved mental health, more energy, better attendance and perform better on tests at school. Unfortunately, many of our students don't eat breakfast before coming to school.

This year, Nutrition Services is thrilled to address this issue by promoting breakfast and guaranteeing that all students attending a school participating in the federal School Breakfast Program will eat breakfast at no charge. You read that right, **breakfast is free for all students at participating schools**. Switching to "universal breakfast" doesn't come cheaply, but our hope is that breakfast participation from paying students will increase enough to offset any potential loss in revenues. The biggest payoff, however, is having well-nourished students all over Oakland. Comments Jennifer LeBarre, Director of Nutrition Services, " We are committed to setting the table for our children to succeed in school and in life."

For more information about school breakfast, please contact Nutrition Services at (510) 879-8344



Looking for your child's school menu?

Want to see the latest news about OUSD Nutrition Services?

Curious about our funding/budget?

Care to check out our menu improvements?

You can find information about all of these things and more on the OUSD Nutrition Services Department page.

Come visit us!

<http://publicportal.ousd.k12.ca.us>

MEATLESS MONDAYS ARE BACK!

OUSD Nutrition Services is proud to announce that for the second consecutive year, we are dedicated to "one day a week, cutting out the meat". Because we are concerned about the health and environmental consequences of eating too much meat, we are committed to serving delicious vegetarian options on Mondays during the school year. Our child development centers and cafeterias serving K-8 are already featuring meatless monday menus, while high school menus will reflect this healthy change in November.

Grilled cheese sandwiches, garden burgers, BBQ tofu and vegetables, bean burritos, vegetarian stir fry, pastas, and of course a variety of fruits and vegetables, are just a few of the meatless offerings that we will feature on Mondays.

For more information on the benefits of participating in meatless Mondays, along with delicious recipes, please visit <http://www.meatlessmonday.com/>



Yep, that's a garden burger!



Delicious stir fry



OAKLAND UNIFIED
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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.



TUSCAN BREAD & TOMATO SALAD

6 tablespoons extra-virgin olive oil
2 cloves garlic, peeled and coarsely chopped
1 12-inch length of baguette
2 tablespoons balsamic vinegar
2 teaspoons kosher or sea salt
1/4 teaspoon coarsely ground black pepper
8 very ripe assorted tomatoes (3 lb.), large ones chopped
1/2 cup basil leaves, torn into pieces or cut into ribbons

1. Preheat oven to 350°. In a small pan over medium heat, combine 2 tablespoons olive oil and garlic; stir about 2 minutes.
2. Cut baguette into 1/2-inch cubes and put in a 10- by 15-inch baking pan. Pour oil mixture over bread and mix well. Bake until golden, 10 to 15 minutes. Remove from oven and let bread cool in pan.
3. In a bowl, mix remaining olive oil, the vinegar, salt, and pepper. Stir in tomatoes and bread cubes. Serve at room temperature in shallow bowls, garnished with basil.