

# Nutrition News

FOOD FACTS | SURVEYS | RECIPES  
MENUS | AND A WHOLE LOT MORE

*January*



## FAVORITE MEALS

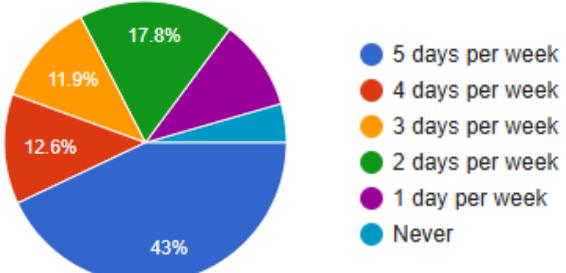
- New Pizza
- Chicken Tenders & Fries
- Homemade Pasta
- Homemade Lasagna
- Straus Organic Smoothies
- Nature's Path Organic Cereals
- Homemade French Toast
- Homemade German Blueberry Pancakes

## STUDENTS' MENU SUGGESTIONS

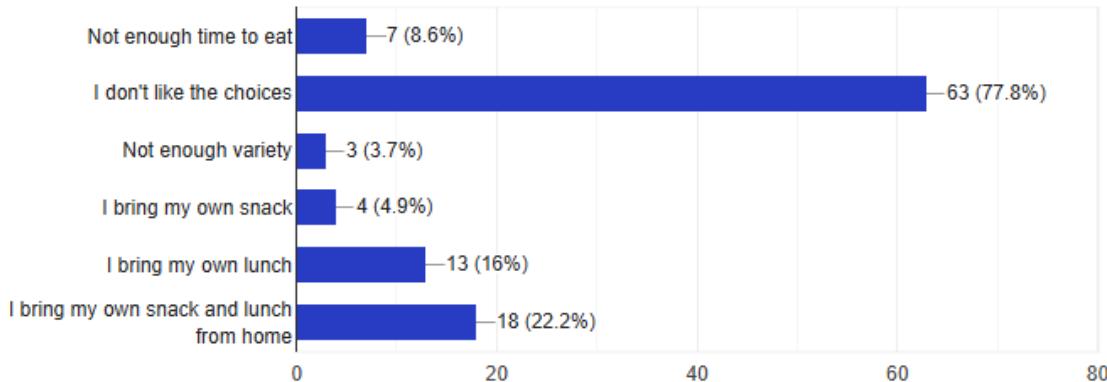
- Fried Rice
- Macaroni with butter
- Fish and chips
- Poke & avocado sushi rolls
- Croissant breakfast sandwiches
- Spaghetti
- Bean burritos
- Mac 'n cheese
- Salami & cheese sandwiches
- Donuts, cinnamon rolls, cupcakes
- Dumplings
- Hot dogs
- Spam
- Banana bread

## Elementary Survey Results

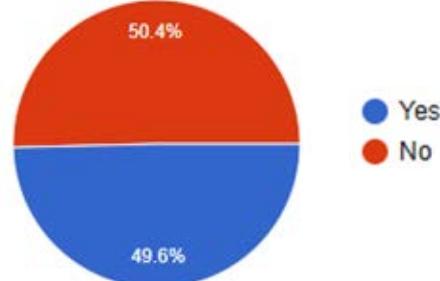
How many days of the week do you eat school meals? (135 responses)



Reasons why elementary students don't eat school meals 5 days a week? (83 responses)



Did you know that the majority of meals are made from scratch/homemade?



# More Local & Organic Options Added to School Lunches



Starting in January, Moraga School District will be serving organic hamburgers from Marin Sun Farm in Petaluma, a certified organic and Animal Welfare Approved facility, and a local producer whose motto is "Local Food for a Sustainable Future."

## THEIR BEEF IS:

- Grass-fed
- Pasture-raised
- Raised without antibiotics or added hormones
- California local meat
- Humanely and sustainably raised and handled



The organic cheese served on our hamburgers comes from Rumiano Cheese Creamery, which has been producing pasture-raised organic cheese and butter for over 100 years. Rumiano's organic dairy products are made with milk from cows that graze year-round on the lush green pastures of California's Redwood Coast.

We're proud to offer meals that support student health, animal welfare, local farmers, and environmental sustainability. These additions reflect Moraga School District's continued commitment to providing high-quality, nutritious meals while supporting local and sustainable food producers.

***Side Note:** Lettuce, sliced tomatoes, and pickles will be available in the garden bar if students want to dress their hamburgers/cheeseburgers.*

## Harvest of the Month >>> Red Seedless Grapes



Red Seedless Grapes contain powerful antioxidants along with vitamins K and C, and historians believe they date back to prehistoric times. California produces almost 90% of the table grapes in the United States and they may benefit your brain, heart, bones, and eyes.

**Upcoming Event: Taste Tests at the Elementary Sites last week of January**

**Monthly Menus >>> [Link here](#)**



## Hearty Chicken Pozole

1 hour prep & cooking  
8 servings



## INGREDIENTS

- 1-2 lbs Diced Cooked Chicken
- 3 C Chicken Broth
- 2 T Olive Oil
- 1/2 lb Hominy
- 1 T Cumin
- 1/2 tsp Ground Oregano
- 1/4 tsp Chili Powder
- 1/4 C Cilantro
- 1 T Chopped Garlic
- 1 Yellow Onion, diced
- 1 C Cabbage, slices
- 1/4 C Lime Juice
- 1 Lime
- 1 Radish

## DIRECTIONS

1. Preheat convection oven to 350°
2. Drain and rinse canned hominy
3. Cook raw diced chicken with olive oil in a frying pan on medium heat for 10 minutes, stirring occasionally until chicken caramelizes - do not fully cook
4. In a large baking dish, combine and mix all ingredients, except cabbage, radish, cilantro, lime and lime juice
5. Cover with foil and bake for 30-40 minutes or until internal temperature of 165° is reached
6. Carefully remove baking dish from oven and stir in lime juice and cilantro
7. Serve with rice or warm tortillas
8. Garnish with cabbage, and slices of lime and radish

