

Nutrition News

MORAGA SCHOOL DISTRICT

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

March



Camino Pablo “School Meals” Art Exhibition

MORAGA PUBLIC LIBRARY

The Moraga Public Library recently welcomed nearly 80 students, families, and friends from Camino Pablo Elementary School for the School Meals Art Exhibition. Students beamed with pride and joy as they described the powerful messages expressed through their chosen art forms.

In attendance were Moraga School Board President Larry Jacobs, Superintendent Dr Julie Parks, Principal David Lanuza, and teachers Clare Fallon and Brigitt McGee, all of whom enjoyed celebrating the students’ creativity and thoughtfulness.

The exhibit was on display for the month of February at the library. A heartfelt thank you goes to Library Manager Rita Carrasco and Library Assistant Emily Ferne for creating a beautiful display and providing refreshments for this special event.

Sodexo’s Tasting Event during JM Open House

THURSDAY, MARCH 19 FROM 6:00 – 7:30PM

Come and taste the Scratch-Made food your students are eating:

- German Blueberry Pancakes with fresh fruit compote
- Frozen Yogurt Bark made with Straus organic yogurt with granola and a drizzle of honey
- Butter Chicken with rice, and naan bread
- Lasagna with meat sauce



A to Z Garden Bar



“A to Z” Salad Bar is coming again in April

It is an interactive nutrition education program that introduces students to a broad range of fruits and vegetables, often highlighting a different, and sometimes exotic, produce item for each letter of the alphabet. The program is designed to increase fruit and vegetable consumption by engaging students through hands-on experiences. By allowing them to see, touch, smell, and taste unfamiliar foods, it encourages curiosity, reduces hesitation about trying new items, and promotes healthier eating habits in a fun, educational way.



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

Harvest of the Month >>>

Cara Cara Oranges



Cara Cara Oranges were first discovered in Venezuela, but are now mostly grown in California's San Joaquin Valley.

Cara Cara's are sweet with a bright reddish-pink flesh. With its high amount of vitamin C, this citrus fruit can boost your immunity and help fight infections.



German Blueberry Pancake

40 servings ⌚ 1 hour



INGREDIENTS

- 20 cups white whole wheat flour
- 2 ½ tsp salt
- 2 ¼ cups granulated sugar
- ½ cup baking powder
- 1 lb unsalted butter
- ¾ cup vanilla extract
- 10 eggs
- 12 ¾ cup 1% fat white milk
- 3 lb blueberries

DIRECTIONS

1. Preheat oven to 375 F.
2. Butter should be soft and left at room temperature for 30 minutes before adding it into mixing bowl.
3. In a mixing bowl combine whole wheat flour, salt, sugar, baking powder. Mix until ingredients are evenly distributed.
4. Cut butter into small cubes. Add cubed butter into dry ingredients.
5. Add vanilla extract.
6. Add eggs into mixing bowl and mix on medium speed until all ingredients are well combined.
7. Slowly add in milk until all ingredients are well combined.
8. Add in the blueberries and hand mixed into the batter until they are mixed in throughout the batter.
9. Line the sheet pan with liner to prevent sticking.
10. Using the sheet pan, pour the mixed batter.
11. Bake at 375 F for about 15 minutes or until pancakes are golden brown in color and puffed up.
12. Allow to cool and cut into pieces.
13. Serve and enjoy!

