

Nutrition News

MORAGA SCHOOL DISTRICT

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

April

JM OPEN HOUSE

During JM's Open House on March 19, hundreds of parents and students sampled a taste testing of some of Sodexo's scratch-made meals that their students' are eating.

The sampling included **Butter Chicken** with brown rice, **Lasagna** with meat sauce, **Frozen Yogurt Bark** made with Straus organic yogurt, berries, granola, and a drizzle of honey, as well as **German Blueberry Pancakes** with fresh fruit compote.

Sodexo's team received rave reviews from parents and students. And some students mentioned making some of the entrees at home!



How is MSD's Food and Nutrition Helping on April 22

- Reducing one-time use plasticware
- Separating and Recycling trash during and after meal service
- Partnering with White Pony Express (WPE), a food recovery program who serves 130K people each year. They recover 27M pounds of fresh food and prepare 22M meals in Contra Costa County.



If you'd like to learn more about WPE, their web site is www.whiteponyexpress.org



A to Z Garden Bar



“A to Z” Garden Bar coming April 15th

The 3rd Annual A to Z Garden Bar will be available during lunch service on April 15 to encourage healthy eating habits and help promote and support our students to try diverse produce they might otherwise avoid. Some items that students will have the opportunity to try are:

- Date
- Eggplant
- Fig
- Honeydew
- Jicama
- Turnip
- Zucchini



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



Harvest of the Month >>>

Snap Peas

Snap Peas are a sweet vegetable, packed with fiber and rich in vitamin A and vitamin C. They can be eaten raw or quickly sautéed by themselves or added into a stir-fry or roasted with proteins like chicken, fish, or beef. Coming soon this month as a side dish and in garlic fried rice (chicken and vegetarian).



Frozen Yogurt Bark

🍴 10 servings ⌚ 4 hours

INGREDIENTS

- 2 cups blueberries
- 2 cups sliced strawberries
- 10 cups vanilla yogurt
- 5 cups crunchy granola

DIRECTIONS

1. In a mixing bowl, combine vanilla yogurt, blueberries and sliced strawberries.
2. Line a baking sheet tray with parchment paper.
3. Pour the yogurt mixture onto the tray and spread it evenly.
4. Place the tray in the freezer for 3-4 hours or until completely firm.
5. Once frozen, lift the bark off the tray and break or cut it into pieces.
6. Sprinkle with granola, serve and enjoy!

