



MORAGA SCHOOL DISTRICT

FOOD & NUTRITION

Newsletter

AUGUST



Welcome Back

New This Year: *Around the World Cuisine*

Expect to see meals from the following countries throughout the school year:

Algeria, Argentina, China, Egypt, Germany, Greece, India, Israel, Italy, Jamaica, Mexico, Philippines, Sweden, Thailand, Vietnam, and of course, America

Sample Menu Items with Global Flavors

Breakfast	Lunch
Blueberry German Pancakes	Chicken Adobo
Swedish Bread Pudding	Tikka Masala w/coconut milk
Filipino Silog - garlic fried rice with turkey sausage and egg.	Greek lemon chicken soup
Hawaiian Loco Moco	Beef Teriyaki meatballs w/ Yakisoba noodles
Zucchini bread	Lemon chicken, WW couscous, and veggies
Frittata with cheddar cheese, spinach, tomatoes	Gnocchi with meat sauce



Did You Know:

- All meals are NUT-FREE, however, some products may come from a production plant with nuts and soy. Please check [NutriSlice](#) on the District's Food and Nutrition webpage for more information about a specific menu item.
- No Pork is served in school meals – if you see pepperoni pizza, Hawaiian pizza with ham, or breakfast sausage, **all of this is Nitrate-Free Turkey meat**
- USDA and the California Department of Education do not allow school districts to serve whole milk.
- All bread, pasta, pizza, rolls and tortillas are made out of whole wheat and whole grain rich flour.
- All rice served is brown rice
- All Eggs used in school meals are cage-free eggs
- MSD does not serve any food with artificial trans fat
- MSD does not serve any food that has been deep fried, pan fried, or flash fried
- Moraga School District will provide breakfast and lunch when students are off-campus attending school-related field trips. Each teacher will give the number of meals needed to school administrative assistants based on class rosters.

Conscious Choices Made for Moraga Students

Now Serving

1. Clover Sonoma – Organic 1% and Fat-Free Milk

- Company's commitment to animal welfare and being American Humane Certified (AHC). AHC means Clover Sonoma demands:
 - Zero tolerance of animal abuse
 - A safe environment for each animal
 - Extensive employee training
 - A herd health plan overseen by a veterinarian and nutritionist
 - Annual farm audits
 - Strict adherence to the five freedoms of animal welfare

2. Nature's Path Cereal

- The cereals that will be offered, Choco Chimps and Cinnamon Monarch Magic are made with crunchy whole grain corn balls, both are **Organic, Gluten Free, Non-GMO, Vegan, Low in Sugar and Sodium, and made without any artificial flavors, colors or preservatives.**
- The Choco Chimp cereal is also made with Fair Trade cocoa.
- A portion of sales from the Monarch Magic cereal goes towards saving the Monarch Butterfly.

Additional Improvements

3. Recycling Improvements

- Architectural plans for our commercial and energy efficient dishwashers for all sites are almost ready to go to CCC Health Department for approval.
- MSD will soon be able to eliminate single-serve plasticware and cereal containers going to the landfill.

4. Reduction in Added Sugars and Sodium

- MSD was ahead of USDA and CDE requirements to reduce added sugars and sodium (required in 2027).
- All meals served have less than or equal to 6 grams of added sugar.

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

Harvest of the Month >>> Watermelon



A MEMBER OF THE BLACK, INDIGENOUS, PEOPLE OF COLOR OWNED FARMS GROUP

Donald Sherman's farming roots run deep. His family migrated from Louisiana to the California Central Valley in the late 1940s with extensive farming experience, and his mother used her gardening expertise to feed the family. Sherman followed the path of his older brothers in college, all of whom majored in agriculture and horticulture. He spent 25 years working with his brothers on the family farm before branching out to farm on his own. As Sherman himself describes it, "Farming has been in my blood from birth!" "I'm trying to be more conscious about the food I produce," he says. "I have always [over the last 25 years] grown healthy and safe produce with no pesticides. This just seems like the next step in future production. My customer base is asking for more." As a result, Sherman's plans for transitioning his land to organic production began with farming 3.4 acres organically while developing a program that fits his soil type. He plans to incorporate cover crops, organic fertilizers, and natural pest control.



sodexo

Cripy Teriyaki Baked Tofu Cubes



1 ¼ cups
servings



15-20
minutes

INGREDIENTS

- ¾ cup canola oil
- 1 tsp cornstarch
- ½ tsp kosher salt
- ½ tsp black pepper
- 2 ounces Teriyaki Sauce
- 15.4 ounces tofu cubes, liquids drained and tofu pressed for at least 20-30 minutes.

DIRECTIONS

- In a mixing bowl, combine tofu, salt and pepper with oil, and cornstarch. Toss until evenly coated. Arrange in a single layer on a parchment lined sheet pan.
- Bake in 400F convection oven for 15-20 minutes or until tofu is lightly brown. Stir tofu, if needed, to promote even browning.
- Toss tofu cubes in teriyaki sauce.

