

Nutrition News

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

February

Camino Pablo 4th & 5th Grade "School Meals" Art Exhibition at the Moraga Public Library



Camino Pablo Elementary School's 4th and 5th grade Art Exhibition will be on display throughout the month of **February** at the **Moraga Public Library**, located at **1500 St. Mary's Road**.

The exhibition showcases students' creative perspectives on **California's Universal Meals Program**, expressed through a wide range of artistic approaches. Using recycled materials, free-hand drawing and painting, collage, and 3D artwork, students explored themes of food, community, sustainability, and gratitude.

Art teachers **Clare Fallon** and **Brigitt McGee** encouraged their classes to interpret the topic through their own unique artistic voices, resulting in a vibrant and thoughtful collection of student work.

The Moraga Public Library will also host a **reception for Camino Pablo's 4th and 5th grade artists** on **Thur., Feb. 12th** from 4-5:30pm, and a reporter from the *Lamorinda Weekly* will be in attendance to photograph the event.

Please stop by the library to enjoy the artwork in person. If you're unable to visit, here are a few samples of student to give you a glimpse of the creativity on display.

Elementary Taste Tests:

During the last week of January, 4th & 5th Grade Taste Testers from Camino Pablo, Donald Rheem, and Los Perales voted overwhelmingly to add two new entrees to the lunch menu. Expect to see Butter Chicken with rice and naan bread, along with Swedish Meatballs, mashed potatoes, & gravy during this month.



Around The World Cuisine Update

This year, Food and Nutrition has been excited to feature "Around the World" cuisine, giving students the opportunity to explore flavors from different cultures right here at school. Ask your student if they had a chance to try any of the following meals yet:

- 1. Argentina** – Homemade Chimichurri Chicken
- 2. China** – Homemade Crispy tofu and stir fry vegetables and noodles
- 3. Egypt** – Homemade Hummus with charcuterie
- 4. Germany** – Homemade German Blueberry Pancakes
- 5. Greece** – Greek meatballs with homemade tzatziki sauce and pita bread

Around the World Cuisine Meals Coming Soon:

- Algeria** – Roasted vegetables w/ couscous & feta cheese
- Great Britain** – Fish & Chips
- India** – Homemade Butter Chicken, rice & naan bread
- Sweden** – Swedish meatballs & mashed potatoes
- France** – Warm & Crunchy Croissant turkey ham & cheese sandwich w/ gouda & honey mustard



Greek meatballs (Greece); Jerk Chicken (Jamaica); Lasagna (Italy)



- 6. Italy** – Homemade Lasagna, pasta, Margherita pizza
- 7. Jamaica** – Homemade Jerk chicken
- 8. Japan** – Beef Teriyaki Meatballs with Yakisoba noodles
- 9. Mexico** – Tacos, Homemade Chicken Pozole, Homemade Arroz con pollo, Homemade Quesadillas, Homemade Enchiladas
- 10. Philippines** – Homemade Silog Fried Rice, Homemade Chicken Adobo
- 11. Thailand** – Homemade Thai coconut chicken curry
- 12. United States** – Homemade Mac 'n Cheese, organic burgers, Homemade grilled cheese and tomato soup

Harvest of the Month >>>

Mandarins

Kings River Mandarins are from the Hazelton family farm, an eight-generation farm in Sanger, California, that once began as a family of cattle ranchers back in 1853. In 1866, the Hazelton family returned from a cattle trip in Mexico with saddlebags filled with oranges, and the seeds from these oranges became the first orange trees in Fresno County.



Mandarins are originally from southern China and parts of Southeast Asia, but today, mandarins are cultivated world-wide, and are high in fiber, loaded with vitamin C, and are a great hydrating fruit.



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



Hearty Chicken Pozole

32 servings 1 hour

INGREDIENTS

- 4 lbs diced chicken
- 6 cups chicken soup broth
- 4 cups canned hominy
- ½ cup diced yellow onion
- ¼ tsp ground oregano
- ¼ tsp ground cumin
- ¾ tbsp chopped garlic
- ⅞ cup light chili powder
- ⅞ cup lime juice
- ⅞ cup cilantro
- 4 lbs corn tortilla chips

DIRECTIONS

1. Preheat oven to 350°F.
2. Drain and rinse canned hominy.
3. In a 4-inch sheet pan combine broth, onion, hominy, oregano, cumin, garlic, chili powder and diced chicken.
4. Cover with foil wrap. Bake in 350°F convection oven for 30-45 minutes or until internal temperature of 165°F degrees is reached.
5. Remove from oven and stir in lime juice and cilantro.
6. Served with corn tortilla chips.

