



MORAGA SCHOOL DISTRICT

FOOD & NUTRITION

Newsletter

NOVEMBER

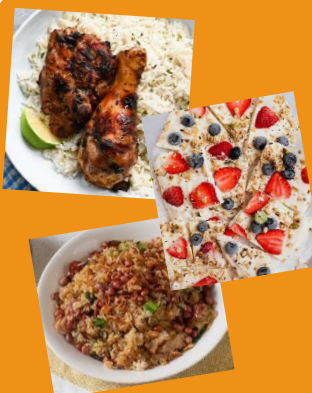
MORAGA STUDENTS CELEBRATE

California Crunch Day



On October 16th, Moraga School District proudly participated in the 10th annual **California Crunch Day** as part of Farm to School Month. We joined over **650,000 students** across more than **50 school districts** throughout California in celebrating healthy eating and local agriculture.

Our students enjoyed a collective “crunch” into delicious, locally-grown produce — including **jicama, carrots, apples, and cucumbers**. This statewide event encourages students to think about where their food comes from and the importance of making nutritious choices while supporting local farms. We’re grateful to our staff, parent volunteers, and food services team who helped make this event possible. Here’s to celebrating fresh food, healthy habits, and a strong farm-to-school connection — **Happy Crunching!**



JM TASTE TEST RESULTS

JM students made their decision! Coming to the lunch and breakfast menu will be:

- Jamaican Jerk Chicken with rice, red beans and coleslaw
- Filipino Silog with garlic fried rice, scrambled egg, and turkey sausage
- Frozen Yogurt Bark with berries and granola

Harvest of the Month >>> Kiwis



California grows 95% of the nation's supply of Kiwi, and the three generations of the Kragie family, owners of Western Fresh Marketing in Fresno, are a big part of this. This oval-shaped, fuzzy, brown fruit packs in twice the amount of vitamin C than an orange, and though most people only eat the beautiful green part of the fruit, the outer skin is also edible and nutritious. Add kiwis to your salads, smoothies, and yogurt, or make a sorbet.



And if you're having trouble sleeping, studies show that eating kiwis an hour or so before bed may improve your sleep quality because of its high levels of serotonin.

Sodexo is Hiring (Up to \$30/hr) >>> More Information [HERE](#)

Meal Requirement Reminder

WHY FRUITS & VEGGIES MATTER

To ensure Moraga School District is reimbursed by the State of California and the federal government, every student must be served a compliant meal. This means the meal must include:

- An entrée and
- At least one serving of fruit or vegetables

🍷 If a student doesn't take a full scoop of fruits or vegetables from the garden bar, they'll be asked to take a whole fruit (like an apple) to meet the requirement. We understand some students or parents may find this confusing, **but it's important to know:**

✅ If a meal isn't compliant, we cannot receive funding for it.

👉 Don't worry - if a student doesn't want the whole fruit, they can place it in the share bin, so it doesn't go to waste. Thanks for your understanding and support in helping us serve healthy meals, and for ensuring that every meal counts!

Survey Coming in November to Elementary families through ParentSquare, and JM Students via iPads

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



Jamaican Jerk Chicken
with Rice and Red Bean
served with Coleslaw



4 servings



1 hour

INGREDIENTS

Jaimacan Jerk Chicken

- 9 ½ oz diced chicken
- ¾ cup orange juice
- 1 tbsp Caribbean Jerk seasoning
- 1 canned red kidney low sodium bean

Creamy Coleslaw

- 3 lb shredded cabbage
- 1 ¾ cup carrot matchsticks
- 1 ¾ cup mayonnaise
- ¾ cup sugar



DIRECTIONS

1. Preheat oven to 350°F.
2. Combine the shredded cabbage, carrot matchsticks, mayonnaise and sugar. Toss in a stainless bowl until well-combined. Hold refrigerated for at least 1 hour to allow the creamy coleslaw flavors to combine.
3. Drain and rinse canned red kidney bean. Set aside.
4. Combine chicken, orange juice and Caribbean seasoning in a 2 inch baking pan. Toss to mix well.
5. Cover and bake in a convection oven for 15 minutes and until internal temperature of 145°F is reached.
6. Served chicken with rice, red beans and creamy coleslaw on the side.

