

MORAGA SCHOOL DISTRICT

FOOD & NUTRITION

Newsletter

OCTOBER

Organics are here! Organics are here!

Cherry tomatoes, broccolini, and Roma tomatoes are now part of the menus and salad bar, and soon we'll be adding organic rice, along with organic and local beef and cheese. These new organic food products will complement the Straus organic yogurt, Clover Sonoma organic milk, as well as other fruits and vegetables being offered for breakfast and lunch.



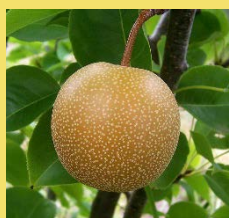
Know Your Foods



- Broccoli may help regulate blood sugar levels and its super power is that it's an antioxidant.
- Cherry Tomatoes are high in fiber and their antioxidants will help protect the skin from damage caused by the sun, and promote collagen production.



- Coconut milk is a good source of calcium, which is essential for bone health. It also has fatty acids that can moisturize and nourish the skin and hair, and it is a dairy-free and lactose-free alternative for people with milk allergies and intolerances.



- Apple Pears are an excellent source of fiber, vitamins C, B, and K, as well as minerals. Just one medium apple pear can provide around **200–250 mg of potassium**, making it a refreshing and hydrating snack, especially after exercise or during hot weather when potassium can be depleted.

New Lunch Favorites

We've added a few new menu items that have already become favorites with the students. Be sure to check the menu link for daily options.

Scratch-made hummus
charcuterie box



Baked chicken
and fries

Harvest of the Month >>> apple pears



Kingsburg Orchards is a family run and operated farm. They grow and/or ship over 200 varieties of fruits and vegetables. One of their fruit varieties is the Apple Pear, also known as the "Nashi" or "Asian Pears," and it has been in North America since the Gold Rush days when the Chinese miners planted them in the foothills of the Sierra Nevada. This round fruit is picked from the tree when ripe and is ready to eat immediately. Apple Pears come in a lot of varieties and can range in color from yellow, to green, and to many shades of golden brown. Add they're great when you add them to your salad or stir-fry dishes.



Did You Know

As a reminder, students are eating whole wheat pasta, tortillas, and bread, whole-grain rich pizza crust, and only brown rice.

Potatoes and French fries are considered a vegetable if they are not deep fried. Moraga School District never serves deep fried foods!

For state reimbursement purposes, every student is required to take a fruit with breakfast. And for lunch, they must take fruit and/or vegetables. We get excited when students take fruit and vegetables during lunch! If a student does not want their fruit or vegetables, there is a share bin. The good news is that many students get seconds from the garden bar.



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



Thai Chicken Coconut Curry with Cilantro Brown Rice

9 servings ⌚ 1 hour and 30 minutes

INGREDIENTS

Thai Chicken Coconut Curry

- 2 ½ tsp canola oil
- ½ cup red onion
- 1 tbsp chopped garlic
- 1 tbsp sliced jalapeno pepper
- 2 tbsp low sodium chicken base soup
- 28 oz unsweetened coconut milk
- 2 cup tomato
- 1 oz lime juice
- 1 tsp curry powder
- 1 tsp ground turmeric
- 2 tbsp minced ginger root
- ½ cup green onion
- 4 tbsp chopped basil
- 1/4 cup chopped cilantro
- 2 cup diced red potato
- 2 cup sliced carrot
- 2 lbs thigh chicken strips

Cilantro Brown Rice

- 1 lb brown rice
- 2 tbsp chopped cilantro
- 1 tbsp chopped garlic
- ½ tsp ground black pepper
- 1 tsp kosher salt
- 1 qt water
- 2 tsp canola oil
- 2 tsp lime juice



DIRECTIONS

Cilantro Brown Rice

- Preheat oven to 375°F.
- Combine brown rice, cilantro, garlic, salt and pepper in a 4 inch baking pan.
- Add hot water, lime juice and oil. Stir to combine.
- Cover each pan tightly with plastic wrap then aluminum foil.
- Bake over 35-45 minutes or until water is absorbed.
- Carefully transfer rice into serving pan.

Thai Chicken Coconut Curry

1. Preheat oven to 350°F.
2. Combine oil, red onion, garlic and jalapeno in a ½ pan and cook in oven for 5 minutes or until garlic is slightly browned but not burned.
3. Add chicken base, coconut milk and tomato into pan with oil, onion, garlic and jalapeno and return to oven for 15 minutes.
4. Add lime juice, curry, turmeric, ginger, green onion, basil, cilantro, red potato and carrot to pan and return to oven for approximately 1.5 hours uncovered.
5. Stir in chicken and cook until a minimum of 140°F is reached.
6. Serve over rice.

