



Taste of The Conscious Kitchen
Peres Elementary and Madera Elementary
Monday 1/30

Breakfast

Oatmeal with Maple Syrup
Cinnamon Apples
Milk / Water

El Cerrito Natural Foods in El Cerrito
Good Earth Natural Foods in Mill Valley

Lunch

Beef Burrito
Seasonal Salad
Mandarins
Milk / Water

Daniel Tellez,
Executive Chef, Copita in Sausalito

Juan Chel
Executive Chef, Fonda in Albany

Suzette Gresham,
Chef/Co-Owner, Acquerello in San Francisco



Taste of The Conscious Kitchen
Peres Elementary and Madera Elementary
Tuesday 1/31

Breakfast

Yogurt Granola Parfaits
Bosc Pears
Milk / Water

Ethan Howard,
Pastry Chef, Cavallo Point Lodge in Sausalito

Lunch

Quinoa Mac & Cheese
Roasted Broccoli
Satsumas
Milk / Water

Justin Everett
Executive Chef, Cavallo Point Lodge in Sausalito

Massimo Cavello,
Chef/Partner, Radichi in Berkeley



Taste of The Conscious Kitchen
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Wednesday 2/1

Breakfast

Scrambled Eggs and English Muffins
Navel Oranges
Milk / Water

El Cerrito Natural Foods in El Cerrito
Good Earth Natural Foods in Mill Valley

Lunch

Shepard's Pie
Seasonal Salad, Garlic Bread
Oranges
Milk / Water

Guillaume Pfahl
Head Chef, The Conscious Kitchen
Mark Dommen,
Chef/Owner, One Market in San Francisco



Taste of The Conscious Kitchen
Peres Elementary and Madera Elementary
Thursday 2/2

Breakfast

- TCK Breakfast Cookie*
- Fruit Salad*
- Milk / Water*

*Tera Ancona,
Chef/Owner, Cibo in Sausalito*

Lunch

- BBQ Chicken Drumsticks*
- Brown Jasmine Rice and Roasted Cauliflower*
- Apples*
- Milk / Water*

*Pam Mazzola
Executive Chef/Owner, Prospect in San Francisco*

*Guillaume Pfahl
Head Chef, The Conscious Kitchen*



Taste of The Conscious Kitchen
Peres Elementary and Madera Elementary
Friday 2/3

Breakfast

Egg and Potato Frittata
Seasonal Fruit
Milk / Water

Guillaume Pfahl
Executive Chef, The Conscious Kitchen

Lunch

Better Burger with Roasted Squash
Seasonal Fruit
Milk / Water

Jason Fox
Executive Chef, Commonwealth in San Francisco

Arnon Oren,
Chef/Owner, Oren's Kitchen in Richmond

Mario Jackson
Chef de Cuisine, Oren's Kitchen in Richmond