

West Contra Costa Unified School District
(WCCUSD)
USDA Action Plan Sample Materials
October 2022



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Seasonal Items and Menu Cycles

Winter

Pears
Satsuma mandarin
oranges
Granny Smith apples
Banana (year round Fair
Trade)

Summer

White peaches
Yellow peaches
Yellow nectarines
Strawberries
Plums
Romaine lettuce
Cucumber
Tomatoes
Banana (year round Fair
Trade)

Spring

Satsuma mandarin
oranges
Granny Smith apples
Red cabbage
Green Cabbage
Banana (year round Fair
Trade)

Fall

Gravenstein apples
Gala apples
Fuji apples
Yellow peaches
Romaine lettuce
Tomatoes
Cucumbers
Acorn squash
Salads daily
Banana (year round Fair
Trade)



WCCUSD OCTOBER 2022



ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bean & Cheese Burrito or Grilled Cheese Sandwich Assorted Organic Yogurt Fresh Fruit Fresh Vegetables	4 Chicken Corn Dog Fruit & Cheese Plate Assorted Crackers Fresh Fruit Fresh Vegetables	5 Chicken Tamale in Red Sauce Or Garden Burger Organic Sunflower Seeds Fresh Fruit Fresh Vegetables	6 Beef Dipper w/Mac & Cheese or Macaroni & Cheese Annie's Organic Bunny Graham Cracker Fresh Fruit Fresh Vegetables	7 Chicken Tenders & Corn or Sicilian Style Cheese Wedge Pizza Chocolate Chip Cookie Fresh Fruit Fresh Vegetables
10 Beef & Cheese Taco Stick or Mozzarella Cheesy Bites Assorted Crackers Fresh Fruit Fresh Vegetables	11 Sicilian Style Pepperoni Wedge Pizza or Bean & Cheese Burrito Assorted Crackers Fresh Fruit Fresh Vegetables	12 Chicken Teriyaki & Wedges or Garden Burger Annie's Organic Bunny Graham Cracker Fresh Fruit Fresh Vegetables	13 Beef Taquitos or Cheese Quesadilla Assorted Crackers Fresh Fruit Fresh Vegetables	14 Beef Hot Dog & Bun or Pillow Pull Apart Chocolate Chip Cookie Fresh Fruit Fresh Vegetables
17 Sicilian Style Cheese Wedge Pizza or Organic Bagel w/ Cream Cheese Assorted Organic Yogurt Fresh Fruit Fresh Vegetables	18 Organic Beef Meat Sauce Pasta Bake or Grilled Cheese Sandwich Assorted Crackers Fresh Fruit Fresh Vegetables	19 Cheeseburger Sliders or Garden Burger Assorted Crackers Fresh Fruit Fresh Vegetables	20 Beef & Cheese Enchilada Pie or Cheese Galaxy Pizza Assorted Crackers Fresh Fruit Fresh Vegetables	21 Beef Hot Dog & Bun or Pillow Pull Apart Chocolate Chip Cookie Fresh Fruit Fresh Vegetables

No School

SCHOOL LUNCH WEEK - - NATIONAL SCHOOL LUNCH WEEK - - NATIONAL SCHOOL LUNCH WEEK - - NATIONAL SCHOOL LUNCH WEEK -

Menu Key:

- Vegetarian
- Contains Pork
- Contains Beef
- New Item
- Whole Grain
- Organic
- Choice of 1% Milk
- or Soy Milk
- Choice of Fruit
- All Bread and Grains are Whole Grain
- Students Can Choose All Sides

All Meals Served Daily With:

Celebrate
National School
LUNCH WEEK

OCT. 10-14
2022

Peace, Love & School Lunch

#NCL W22 | #PeaceLoveSchoolLunch

Sign Up to Receive Menus Electronically at WWW.WCCUSD.NET under department **FOOD SERVICES**

Menu Subject to Change

Recipes From the District



*WCCUSD Food Service Director
Barbara Jellison*

Asian Citrus Cabbage & Mibuna Mustard Greens *with sesame dressing*

*Inspired by Caralee Ellis
Conscious Kitchen team*



Ingredients sourced locally and from California

- 🌱 Purple & green cabbage (One Produce, San Francisco)
- 🌱 Mibuna mustard greens (Soskin Organic Farm, El Sobrante)
- 🌱 Valencia oranges (Foothill Organics, Fillmore)
- 🌱 Sunflower seeds (Edison Grainery, Benicia, CA)
- 🌱 Carrots (Lakeside Organic Gardens, Watsonville)

Caralee Ellis

Conscious Kitchen



"Agriculture is the most powerful climate mitigation tool we have, and it sits perfectly at the intersection of climate and social justice. The current food system has a lot of issues, but when done correctly, has the power to heal our planet and all those who inhabit it." ~ Caralee Ellis

Matthew Lin

Farm Manager, Betty Reid Soskin Middle School, El Sobrante

"For me, the act of farming is a way of remembering the wisdom of our roots while acknowledging our power to promote more life, more hope and more abundance for future generations of all life forms.

This is my responsibility and guiding light"

~ Matthew Lin



with cilantro citrus vinaigrette

Inspired by Chef Omar Huerta



Ingredients sourced locally and from California

- 🌱 Spring mix (The Salad Farm, Salinas)
- 🌱 Black beans (Edison Grainery, Benicia)
- 🌱 Cherry tomatoes (Mariquita Farms, Watsonville)
- 🌱 Fresh Corn (JSM Organics, Monterey)
- 🌱 Cucumber (Tomatero Organic Farm, Watsonville)
- 🌱 Bell pepper (Tomatero Organic Farm, Watsonville)
- 🌱 Carrots (Lakeside Organic Gardens, Watsonville)

Omar Huerta

Executive Chef Calavera, Oakland



"I've lived in Richmond for 24 years now, so creating food that goes back to my roots with my family in Mexico is extremely important to me. I love getting the chance to share this cuisine with the WCCUSD community, which I am honored to be part of along with my wife and kids."

~ Omar Huerta

Andy Griffin

Owner, Mariquita Farm, Watsonville

"Mariquita means 'Ladybug' in Spanish, and we count a lot on beneficial insects to do our pest control for us. I farm with organic practices because I was a farm worker for 10 years before I became a farmer... I don't wish to expose my farm workers to it [pesticides]."

~ Andy Griffin



THE ANATOMY OF A MEXICAN TACO SALAD

CONVENTIONAL

Lettuce: more likely to have been contaminated with pesticides during the growing process, which leads to the breakdown of enzymes and nutrients.



Tortilla chips: uses corn cooked in calcium hydroxide, which is a potential harm to people.



Cherry tomatoes: tend to be dependent on synthetic pesticides and fertilizers that impact the overall growth and nutritional quality of the plant.



Corn: Corn: has a long history of genetic modification – farmers will add traits to corn during the growing process to make them more resistant to pests and diseases, stripping them of nutrients



Black beans: grown with chemicals and pesticides that can leak into the actual bean and consumed.



Bell peppers: suffer from soil borne diseases that reduce crop yield and nutrients due to mineral fertilization and chemical weed.



Carrots: treated with synthetic pesticides, resulting in higher amounts of nitrates than organic carrots which can be bad for infants.



Cucumbers: highly likely to be contaminated with pesticides that can seep into the cucumber because the skin is so thin. Some are even coated with wax which also contains chemicals.



ORGANIC

Lettuce: likely to be richer in enzymes and nutrients due to a lack of chemical interference.



Tortilla chips: made from pesticide free corn, flour, vegetable oil, and water – no additional ingredients that can be harmful to health.



Cherry tomatoes: increased amount of vitamin C and antioxidants associated with reduced risk of cardiovascular and degenerative diseases.



Corn: not contaminated by pesticides or insecticides of any kind and is grown naturally without interference. This allows for more nutrient growth.



Black beans: grown with natural materials such as compost, which can add to the amount of nutrients and minerals already in the bean.



Bell peppers: higher levels of Vitamin C and beta carotene. Our body converts beta carotene into vitamin A to support eye health.



Carrots: show higher levels of iron, magnesium, and phosphorus – which is fantastic for human health.



Cucumbers: filled with many incredible nutrients and are very hydrating. Natural pollination is not disturbed by added chemicals that detract bees.





WEST CONTRA COSTA USD
Nutrition Center - Food Services Department

Pizza Bread

Servings: 24

Ingredients (makes 12.5 cups):

1 loaf of Focaccia
24 oz Pizza Sauce
6 cups of Mozzarella cheese
10 lbs can Di Napoli Organic Marinara $\frac{1}{2}$
cup Garlic
2 tbsp. Italian Seasoning

Steps & Instructions:

1. Cut the loaf into 3 pieces along the longest length.
2. Split bread in half (creating 6 long pieces).
3. Cover each long piece with 4 oz of sauce and then top with cheese.
4. Bake at 350°F for 15 minutes or until the cheese is melted and starting to turn golden brown.
5. Remove from the oven and allow to sit for 3-5 minutes.
6. Cut each strip into 4 equal pieces.
7. Serve hot, hold in a heating cabinet or oven that has been turned off.





WEST CONTRA COSTA USD

Nutrition Center - Food Services Department

Beef, Bean, Cheese, Rice Burrito

Servings: 100

Ingredients:

100 ea Tortilla, White Wheat Flour 10"
12 lb + 8 oz Cheese, Cheddar Shredded
18 lb + 12 oz Burrito Meat, Beef
18 lb + 12 oz Refried Beans
18 lb + 12 oz Rice, Brown - Plain
12 lb + 8 oz Salsa

Steps & Instructions:

Step 1:

- a) Place (1) #10 scoop of pinto beans, (1) #10 scoop of burrito beef, and (1) #10 scoop of rice on a 10" tortilla.
- b) Place (1) #16 scoop of shredded cheddar cheese on top of the mixture.
- c) Wrap the burrito with deli paper and foil. Label.
- d) Serve with a 2 oz cup of salsa.

Step 2:

- a) Place in warming unit until served.
- b) Holding hot foods - Hold at a minimum internal temperature of 135°F (57°C). The temperature must be checked every 4 hours or else labeled with a discard time.

THE ANATOMY OF A

BURRITO

BEEF

Conventional beef is often contaminated with e-coli as a result of GMO corn and soy feed. A common practice is treating with **ammonia** to kill off these pathogens.

BEANS

Similar to **conventional** wheat, beans and legumes are doused in glyphosate right before harvesting to speed up the process, resulting in them having high residue levels of glyphosate.

RICE

Farmers flood rice fields to plant the seeds in order for them to grow, then drain the fields to harvest. **Conventional** rice fields are sprayed with herbicides that contaminate various water sources (including groundwater) when drainage occurs, harming marine ecosystems and human health.

TORTILLA

Conventional wheat harvest in the US saturates the crops with Roundup several days prior to harvest to ensure earlier and easier harvesting. Roundup, a chemical based herbicide, has upwards of 100,000 lawsuits for causing a myriad of chronic illnesses.

CONVENTIONAL

ORGANIC

TORTILLA

Organic wheat is produced without any toxic chemicals and farmers only use natural methods to promote the growth and safety of their crops.

BEEF

Organically raised cattle have living conditions that accommodate their natural behaviors such as the ability to graze on pastures where they eat 100% organic feed, and forage.

BEANS

Organic bean farmers do not use harmful chemicals on their crops as they rely on the natural pollination process to promote the growth process of bean pods.

RICE

Organic rice is produced without any synthetic chemicals that could contaminate water sources during the flooding and draining process, making it significantly better for people and planet.

CHEESE

Conventional cheese is made from non-organic milk which has been shown to contain antibiotics and growth hormones, and is less nutritious than organic.

CHEESE

Organic cheese is higher in nutrients, like Omega-3 fatty acids, because the cattle that produce the milk are raised organically with a more nutrient-rich diet than conventionally-raised cattle.

Educational infographics –
provided weekly in English and Spanish

WCCUSD & CONSCIOUS KITCHEN

2021/22 SCHOOL YEAR

Certified organic for the students of WCCUSD

WEEK 28: MARCH 21-25

ORGANIC OFFERINGS

An assortment of organic Nature's Path cereals served each day for breakfast

TUESDAY, 3/22

Lunch: Pasta Bake w/ Meat Sauce

WEDNESDAY, 3/23

Supper: Yogurt and Granola Parfait

THURSDAY, 3/24

Lunch: Beef, Bean, Cheese, and Rice Burrito

FRIDAY, 3/25

Lunch: Hot Dog and Bun

SNACKS: Stonyfield assorted yogurts, RW Garcia BBQ corn chips, Edison Grainery sunflower seeds, Organic Valley string cheese, Annie's honey graham bunnies



WITH SUPPORT FROM OUR TEAM OF ORGANIC FARMERS AND SUPPLIERS:

Cereal & Granola ... Nature's Path
Pasta ... Sfoglini
Tomato Sauce ... DiNapoli
Cheese ... Marin Cheese
Beef ... Mindful Meats
Yogurt ... Straus Family Creamery
Beans ... Edison Grainery
Rice ... Lundberg Family Farms
Hot Dog ... Applegate
Buns ... Alvarado Street Bakery
Mandarin Oranges ... Coast Tropical
Bananas ... Coast Tropical
Granny Smith Apples ... Earl's Organic

THIS WEEK'S RECIPE: LEMON ROASTED ASPARAGUS

Ingredients

- 1 lb fresh, organic asparagus • 2 tbsp freshly squeezed lemon juice (approx. 1 lemon)
- 2 tbsp olive oil
- 2 cloves garlic, minced • 1/2 tsp sea salt
- 2 tbsp parmesan, grated • 1/4 tsp ground black pepper
- 1 organic lemon, thinly sliced

Directions

1. Preheat oven to 400° F and line a rimmed baking sheet with parchment paper.
2. Add asparagus, lemon slices, olive oil, freshly squeezed lemon juice, sea salt, ground black pepper, minced garlic, and parmesan cheese to baking sheet.
3. Toss to evenly coat.
4. Place in oven and roast for 8-10 minutes or until asparagus is crisp on outside and tender in the center. Enjoy!





Seasonal Produce: March



Asparagus

It takes 3 years to grow asparagus spears from seed to harvest



Cabbage

Red cabbage has more vitamins and antioxidants than green cabbage



Cauliflower

This veggie is actually a flower that has not fully developed yet!



Citrus

Lemons are originally a cross between a sour orange and a citron



Kale

Kale is a great source of vitamins A, C, and K



Snow Peas

They are full of fiber that helps your digestive system



Radish

The radish is a root vegetable that is related to broccoli, cabbage, and turnips



WCCUSD & CONSCIOUS KITCHEN

Certified organic for the students of WCCUSD

July 18-22, 2022

ORGANIC OFFERINGS

An assortment of organic Nature's Path Enviroidz cereals served each day for breakfast

MONDAY 7/18

Supper: Mac & Cheese

TUESDAY 7/19

Lunch: Yogurt & Granola Parfait

Supper: Teriyaki Chicken

WEDNESDAY 7/20

Lunch: Beef or Vegetarian Taco Salad

THURSDAY 7/21

Breakfast: Bagel w/ Cream Cheese

Lunch: Yogurt & Granola Parfait

SNACKS

Annie's honey graham bunnies, Stonyfield assorted yogurts

Thank You

TO OUR ORGANIC FARMERS AND SUPPLIERS!

Pasta ... Sfoglini
Cheese ... Marin Cheese
Yogurt ... Straus Family Creamery
Granola ... Nature's Path
Chicken ... Mary's Chicken
Rice ... Lundberg Family Farms
Romaine Lettuce ... One Produce
Beef ... Mindful Meats
Bagel ... Alvarado Street Bakery
Plums ... Pacific Rim
Red Apples ... Coast Tropical
Peaches ... Coast Tropical
Nectarines ... Coast Tropical
Bananas ... Coast Tropical
Strawberries ... JSM Organics

Zucchini & Corn Tamales

INGREDIENTS

- 40 dried corn husks
- 2 cups masa harina flour
- 3 chicken flavor bouillon cubes
- 2/3 cup vegetable oil
- 1 tsp baking powder
- 2 cups 1/2-inch zucchini cubes
- 1 cup corn kernels

DIRECTIONS

- 1) Place cornhusks in large pot filled with water. Bring to a boil. Remove from heat.
- 2) Combine flour, bouillon mixture, vegetable oil and baking powder in a bowl. Knead with hands until mixed. Stir in zucchini and corn.
- 3) Drain cornhusks. Lay out one cornhusk with pointed end facing away. Spoon 1/3 cup of masa mixture in a rectangle on the corn husk (with 1-inch border on the sides) Pick up one side of the cornhusk and fold it over the other side; repeat with other side. Fold over the pointed end and turn over.
- 4) Steam tamales for 60-70 minutes over 2-3 inches of water. Refill steamer periodically to avoid burning. Enjoy!

Celebrate with Corn!

Corn is a staple in many favorite dishes, including tacos and tamales. This hearty crop also has a deep cultural connection to Latin America. In fact, the earliest discovery of corn dates all the way back to 4300 BC in Oaxaca, Mexico!

The Indigenous peoples of Latin America believed that corn was a gift from the Gods that kept their communities well-fed.

These communities frequently held corn rituals and celebrations to honor the Gods that gifted this nourishing food to humans.

The Mayans even believed that the Gods formed humans out of corn. Because of this, the Mayans saw corn as a symbol of the life cycle of humans.

It's important to learn more about Indigenous history and cultural practices. These lessons can help people celebrate where they come from!



WCCUSD & CONSCIOUSKITCHEN

Orgánico certificado para los estudiantes de WCCUSD



19-23 DE SEPTIEMBRE DE 2022

OFERTAS ORGÁNICAS

Lunes 09/19

Almuerzo: Pasta Marinara

Cena: Panecillo



Miércoles 9/21

Almuerzo: burrito de frijoles y queso

Jueves 22/9

Almuerzo: Pollo Teriyaki



Aperitivos: conejitos de miel Graham de Annie, semillas de girasol Edison Grainery, queso en tiras Organic Valley, yogures variados Stonyfield.

GRACIAS

a nuestros agricultores orgánicos y proveedores!

Salsa De Tomate ... DiNapoli
 Pasta... Sfoglini
 BageL... Alvarado Street Bakery
 Queso ... Marin Cheese
 Frijoles ... Edison Grainery
 Arroz ... Lundberg Family Farms
 Pollo ... Mary's Chicken
 Ciruelas ... Pacific Rim
 Manzanas ... Nana Mae's Organics
 Duraznos... Coast Tropical
 Nectarinas... Coast Tropical
 Plátanos... Coast Tropical
 Fresas ... JSM Organics



SALSA DE TOMATE

(Rendimiento: 2½ tazas)

INGREDIENTES

- 5 libras de tomates frescos
- 1 Diente de ajo, partido por la mitad
- 3/4 Cucharadita de sal marina
- 1 Cucharada de Pasta de Tomate
- 2 Cucharadas de Aceite de Oliva
- 1 Hoja de laurel
- 1 Primavera de albahaca

DIRECCIONES

Cortar los tomates por la mitad horizontalmente. Exprima las semillas y deséchelas, si lo desea. Presiona el lado cortado del tomate contra los agujeros grandes de un rallador de caja y ralla la pulpa del tomate en un bol. Deseche las pieles. Deberías tener alrededor de 4 tazas.

1

Coloque la pulpa de tomate en una cacerola baja y ancha a fuego alto. Agregue sal, aceite de oliva, pasta de tomate, ajo, albahaca y laurel. Llevar a ebullición, luego bajar el fuego a fuego lento.

2

Reduzca la salsa a casi la mitad, revolviendo ocasionalmente, para producir alrededor de 2½ tazas de salsa medianamente espesa, de 10 a 15 minutos. Probar y ajustar de sal. Se mantendrá hasta 5 días en el refrigerador o se puede congelar.

3



HISTORIA DE LOS TOMATES



El registro más antiguo de tomates se encuentra en la antigua Mesoamérica, específicamente por los aztecas.



Muchos historiadores creen que los pueblos indígenas usaban tomates a menudo para cocinar e incluso los regalaban como regalo de bodas.



Los tomates fueron traídos a Europa por los conquistadores españoles a principios del siglo XVI.



Finalmente, los europeos los llevaron a las Indias Occidentales, el Caribe y Asia.

A principios de 1700, las semillas de tomate se trajeron a los EE. UU. y se convirtieron en parte de la dieta estadounidense.

CONOCE A JAVIER ZAMORA

Agricultor de tomate en JSM Organics



Javier Zamora creció en México y aprendió sobre agricultura orgánica trabajando en la finca de su familia.

Trajo consigo este conocimiento cuando vino a los Estados Unidos a los 20 años. ¡Hoy, Javier posee 200 acres de tierra en el condado de Monterey, donde cultiva tomates, bayas, flores y más!

WCCUSD & CONSCIOUS KITCHEN

2021/22 SCHOOL YEAR

Certified organic for the students of WCCUSD

WEEK 22: JANUARY 31-FEBRUARY 4

ORGANIC OFFERINGS OF THE WEEK

TUESDAY, 2/1

Lunch: Veggie & Egg Fried Rice

WEDNESDAY, 2/2

Supper: Yogurt & Granola Cup

THURSDAY, 2/3

Lunch: Beef, Bean, Cheese, Rice Burrito

FRIDAY, 2/4

Lunch: Hot Dog

SNACKS: RW Garcia BBQ corn chips,
Edison Grainery sunflower seeds,
Stonyfield blueberry strawberry
and vanilla yogurts, Organic
Valley string cheese, Annie's
graham friends bunnies



WITH SUPPORT FROM OUR TEAM OF
ORGANIC FARMERS AND SUPPLIERS:

Rice ... Lundberg Family Farms
Eggs ... Petaluma Farms
Yogurt ... Straus Family Creamery
Granola ... Nature's Path
Beef ... Mindful Meats
Cheese ... Marin Cheese
Hot Dog ... Applegate
Buns ... Alvarado Street Bakery
Mandarin Oranges ... Coast Tropical
Bananas ... Coast Tropical
Granny Smith Apples ... Earl's Organic

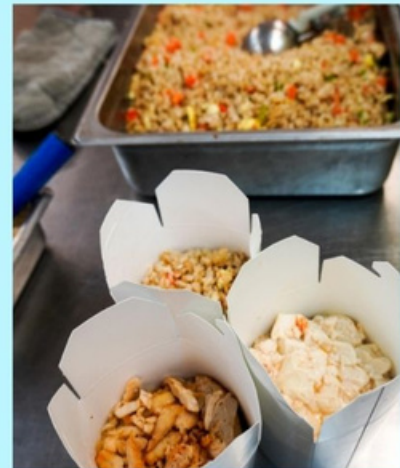
THIS WEEK'S RECIPE: WCCUSD CHEF RANDAL'S VEGGIE & EGG FRIED RICE

Ingredients

- 3 eggs
- 2 tbsp minced garlic
- 2 tbsp minced ginger
- 1 bunch of chopped scallions (separate green and white)
- 2 cups mixed veggies, diced
- 8 cups cooked, day-old rice
- 3 tbsp soy sauce
- 1/2 tsp white pepper
- Cooking oil

Directions

1. In a wok, add 2tbsp oil and quickly scramble the eggs. Remove eggs.
2. Next, add oil and stir-fry garlic and ginger. Add white scallions and veggies.
3. Add rice and mix thoroughly. Add soy sauce, white pepper and scrambled eggs.
4. Serve immediately



Chinese New Year

Chinese New Year is also called the Spring Festival. It begins with the new moon which occurs on February 1st this year. It lasts around 15 days until the full moon arrives.

SYMBOLIC FOODS DURING CHINESE NEW YEAR

SPRING ROLLS: WEALTH



TANGYUAN: REUNION AND FAMILY TOGETHERNESS



NOODLES: LONGEVITY



FISH: INCREASE IN PROSPERITY



NIANGAO: HIGHER INCOME OR HIGHER POSITION

