California Department of Education

Report to the Governor, Legislature, and the Legislative Analyst's Office: Assembly Concurrent Resolution 16: Nutrition: Vegetarian School Lunches

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Description: Provides information on the health status of schoolchildren, student dietary habits, vegetarian diets, and statewide efforts to support vegetarian/vegan meal service and nutrition education in schools.

Recipient: Governor, Legislature, and the Legislative Analyst's Office

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California Department of Education

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Executive Summary

The California Department of Education and the California Department of Public Health are submitting this report in response to the 2003 Assembly Concurrent Resolution (ACR) 16: Nutrition: Vegetarian School Lunches sponsored by Assemblyman Joe Nation. It presents a summary of the current efforts and progress being made to offer vegetarian and cultural school lunches to students in public schools.

This report provides information on the health status of schoolchildren, student dietary habits, vegetarian diets, and statewide efforts to support vegetarian/vegan meal service and nutrition education in schools. It highlights school districts that offer vegetarian/vegan meals, outlines potential regulatory changes and factors that affect or may affect implementation of ACR 16, and provides recommendations for additional work. The report also includes information on activities that are building a foundation to further achieve ACR 16 goals and improve student meals and overall student health.

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You may find this report on the California Department of Education ACR 16 Web page at http://www.cde.ca.gov/ls/nu/lr/legreportacr16.asp. If you need a copy of this report, please contact Mary Smith, Office Technician, Nutrition Services Division, by phone at 916-445-9127 or by e-mail at marsmith@cde.ca.gov.

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California Department of Education

Report to the Governor, Legislature, and the Legislative Analyst's Office: Assembly Concurrent Resolution 16: Nutrition: Vegetarian School Lunches

I. Resolution Background

The California Department of Education (CDE) and the California Department of Public Health (CDPH) (formerly the Department of Health Services) are submitting this report in response to Assembly Concurrent Resolution (ACR) 16: Nutrition: Vegetarian School Lunches. Former Assemblyman Joe Nation introduced the resolution, which the Legislature approved in June 2003. The American Cancer Society, California State Parent Teachers Association, California School Boards Association, California Association of Student Councils, and Animal Legislative Action Network are among the organizations that endorsed the resolution.

ACR 16 urges the CDE and CDPH to:

- Develop school lunch menu plans that include a daily vegan lunch option that is nutritionally balanced.
- Develop vegan school lunch entrees with a similar standard for variety and menu cycle as meat and dairy options.
- Encourage school districts to voluntarily implement the daily menu plans over approximately a four-year period.
- Include information about multicultural eating patterns, including vegetarian/vegan eating patterns, in nutrition education materials and instruction.
- Report to the Legislature on efforts to offer optional vegetarian/vegan school lunches.

This report provides information on the health status of schoolchildren, student dietary habits, vegetarian diets, and statewide efforts to support vegetarian/vegan meal service and nutrition education in schools. It highlights school districts that offer vegetarian/vegan meals, outlines potential regulatory changes and factors that affect or may affect implementation of ACR 16, and provides recommendations for additional work. The report also includes information on activities that are building a foundation to further achieve resolution goals and improve student meals and overall student health.

II. Resolution Rationale

California and the nation face a continuing obesity epidemic that threatens the life expectancy gains of past decades and portends greater increases in health care costs. Today's children are the first generation whose life expectancy may be less than that of their parents. California State Superintendent of Public Instruction Tom Torlakson states that "nothing is more important than the health of our children,"[1] yet an alarming number of students in California are overweight, unfit, or both. More than 30 percent of low-income California children and teens are overweight or obese.[2] Newly released *FITNESSGRAM*® results for California indicate that only 28.7 percent of fifth graders, 34.6 percent of seventh graders, and 38.5 percent of ninth graders are in the Healthy Fitness Zones® for all six fitness areas.[3] This childhood obesity epidemic is creating a generation that is experiencing adult chronic diseases, including heart disease, type 2 diabetes, and other chronic diet-related diseases, at an early age.

Many eating behaviors observed in children show a serious departure from the recommendations of the *Dietary Guidelines for Americans* and MyPlate. On average, children and adolescents tend to consume too much saturated fat and sodium and not enough fruits, vegetables, and calcium. Furthermore, 41 percent of children (ages two through eleven years) and 62 percent of adolescents (ages twelve through seventeen years) in California drink at least one soda or other sugar-sweetened beverage every day.

Vegetarians tend to have a healthier weight and lower risk for heart disease, type 2 diabetes, cancer, and other diseases. Vegetarian diets may include lower intakes of saturated fat and cholesterol and higher intakes of fruits, vegetables, whole grains, nuts, legumes, fiber, and phytochemicals, which may protect humans from cancers and other diseases.

Individuals choose to follow a vegetarian diet for a variety of reasons, including health benefits, religious or cultural preference, economic factors, and personal beliefs. The American Dietetic Association underscores the importance of a well-planned vegetarian diet and states that with guidance in meal planning, vegetarian

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[1] California Department of Education, "State Schools Chief Tom Torlakson Releases 2010 Physical Fitness Results, Announces Co-Chairs of Team California for Healthy Kids." News release, March 24, 2011.

[2] California Department of Health Care Services. Pediatric Nutrition Surveillance System, Summary of Health Indicators, 2008. http://www.dhcs.ca.gov/services/chdp/Documents/PedNSS/2008/2C.pdf (Outside Source).

[3] California Department of Education, "State Schools Chief Tom Torlakson Releases 2010 Physical Fitness Results, Announces Co-Chairs of Team California for Healthy Kids." News release, March 24, 2011.

diets can be appropriate and healthful choices for children and adolescents.[4]

III. Vegetarian Diets

Americans follow multiple types of vegetarian diets. Vegetarians may describe themselves using one of the following definitions:

- Lacto-ovo-vegetarians are the most common type of vegetarian. They eat eggs and dairy products but no meat, poultry, or fish.

- Lacto-vegetarians eat dairy products but avoid meat, poultry, fish, eggs, and egg derivatives such as egg whites or albumin.

- Vegans or "strict" vegetarians eat no animal products—no meat, poultry, fish, eggs, milk, cheese, or other dairy products. Vegans frequently avoid foods that include animal products as ingredients, foods flavored with meat extracts, baked items made with eggs or butter, and foods prepared with gelatin made with animal bones or casein (from milk). Some vegans avoid foods that involve animal processing such as honey, sugar, and vinegar.

- Semi-vegetarians follow a vegetarian eating plan but occasionally eat meat, poultry, or fish.

A nationwide survey of adults conducted by Harris Interactive Service Bureau in 2008 for *Vegetarian Times* found that 3.2 percent of adults, or 7.3 million people, follow a vegetarian diet and another 10 percent of adults follow a "vegetarian-inclined" diet. These adults tended to be younger (42 percent were thirty-four years of age or younger) and the majority have been vegetarian for over 10 years.[5] In 2010, according to a nationwide poll, 3 percent of eight- to eighteen-year-old children and adolescents were vegetarian; close to 1 percent were vegan.[6] This suggests that vegetarianism is often established in adolescence or earlier. Centers for Disease Control and Prevention data from the 2007 National Health Interview Survey indicate that a slightly lower percentage of adults follow vegetarian diets (1.5 percent) and that 0.5 percent of children under eighteen follow vegetarian diets. Other national dietary surveys, such as the Behavioral Risk Factors Surveillance System and National Health and Nutrition Examination

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[4] "Position of the American Dietetic Association: Vegetarian Diets." *Journal of the American Dietetic Association*. 2009; 109: 1266–1282.

[5] "Vegetarianism in America." *Vegetarian Times*, accessed on June 14, 2011. http://www.vegetariantimes.com/features/archive_of_editorial/667 (Outside Source).

[6] Stahler C. "How Many Youth Are Vegetarian?" The Vegetarian Resource Group Web site, accessed June 14, 2011. http://www.vrg.org/press/youth_poll_2010.php (Outside Source).

Survey, do not specifically collect information regarding vegetarian eating practices or the data are not readily available.

The CDPH's Network for a Healthy California (Network) administers the California Teen Eating, Exercise and Nutrition Survey biennially to teens twelve to seventeen years to collect comprehensive information on diet, physical activity, weight, and other key health information. From 1998 to 2002, the survey asked teenagers if they were vegetarians (self-identified). This information allowed the CDPH to estimate how many teens followed a vegetarian diet and how vegetarianism is related to demographic variables and other information collected. From 1998 to 2002, self-defined vegetarians comprised between 4 and 5 percent of the teens responding to the survey. Girls were significantly more likely to be a vegetarian than boys, and it appeared that vegetarians were less likely to be overweight than non-vegetarians. Based upon 2002–03 school year enrollments,[7] one could estimate that approximately 112,000 California public school students in grades seven through twelve were vegetarians—4 percent of the 2.8 million students enrolled in those grades. The Network no longer collects data on vegetarianism. The Network does collect data for California children ages nine to eleven years using the California Children's Healthy Eating and Exercise Practices Survey, but data on vegetarian dietary practices are not collected.[8]

IV. Efforts to Support and Provide Vegetarian School Meals

A. School Lunch Trends

Schools are increasingly offering vegetarian meal options based on national data from the School Nutrition Association (SNA) and Physicians Committee for Responsible Medicine (PCRM) School Lunch Report Card. There is no data specific to California.

The PCRM evaluated surveys completed by school nutrition directors from 20 school districts from all regions of the United States; many were among the 100 largest districts. According to the 2008 PCRM School Lunch Report Card, 75 percent of schools served at least one vegetarian option daily, and 65 percent served a vegan entrée.[9] Based on biennial surveys of 1,200 school nutrition directors nationally, the

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[7] California Department of Education, DataQuest, retrieved July 20, 2009. http://dq.cde.ca.gov/dataquest/.

[8] California Department of Public Health. California Teen Eating, Exercise and Nutrition Survey, 1998–2002, unpublished data.

[9] Physicians Committee for Responsible Medicine. School Lunch Report Card 2008, Autumn 2008. Accessed on July 6, 2011. http://www.healthyschoollunches.org/reports/report2008_intro.cfm (Outside Source).

SNA found that 22.3 percent of schools offered vegetarian meals in 2003; the number increased to 63.9 percent in 2009. The SNA also found that vegetarian meal options are most common in high schools and least common in elementary schools. A significant barrier to implementing vegetarian meals is cost.[10]

Nationally, the availability of vegetarian school lunches in a majority of districts is consistent with the overall trend in past years towards more nutritious school lunches emphasizing whole grains, fruits and vegetables, and low-fat dairy. Vegetarian school lunches include entrée salads and veggie pizza with whole grain crust, as well as beans and rice, chef salads with yogurt and sunflower seeds, cheese-stuffed shells, vegetable hoagies (with two cheeses, red and green pepper strips, cucumber, lettuce, and tomato), and lentil sauce with pasta.

Dietitians also found that all 22 of the school districts surveyed now offer an alternative to dairy milk. In 2006, 67 percent of districts offered nondairy alternatives for free or for purchase; 73 percent did so in 2007. Of the schools offering an alternative (water, juice, or soy milk), 45 percent serve beverages to students at no additional charge, and 55 percent make nondairy drinks available à la carte.

Sixty-five percent of school nutrition departments now offer nutrition education, and 75 percent of districts offer additional inventive nutrition programs. Both trends could play an important role in improving children's health.[11]

B. National Efforts

The Healthy, Hunger-Free Kids Act of 2010 reauthorized all child nutrition programs, including the National School Lunch Program (NSLP). This federal legislation includes significant improvements that will help provide children with healthier and more nutritious food options, educate them about making healthy food choices, and teach them healthy habits that can last a lifetime. The U.S. Department of Agriculture (USDA) has urged California to make increasing participation in the meal program its number one priority. To increase participation, the meals must be appealing to the students and address their preferences, whether cultural, vegetarian, or otherwise. As more students request vegetarian meals, more school districts will respond by offering vegetarian meal options.

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[10] "Majority of School Nutrition Programs Now Offer Vegetarian School Lunches." School Nutrition Association, June 19, 2009. Accessed July 19, 2011. http://www.schoolnutrition.org/Blog.aspx?id=12656&blogid=564 (Outside Source).

[11] Physicians Committee for Responsible Medicine. School Lunch Report Card 2008, Autumn 2008. Accessed on July 6, 2011. http://www.healthyschoollunches.org/reports/report2008_intro.cfm (Outside Source).

The HealthierUS School Challenge (HUSSC) was established by the USDA's Food and Nutrition Service (FNS) to recognize elementary, middle, and high schools that are creating healthier school environments through their promotion of nutritious foods and beverages, physical education, physical activity, and nutrition education. Participation is voluntary, and the USDA provides four levels of award for superior performance: Bronze, Silver, Gold, and Gold Award of Distinction. Detailed information is available on the USDA HealthierUS School Challenge Web page at http://www.fns.usda.gov/tn/healthierus/index.html (Outside Source).

To qualify for an award, a school must submit a formal application and meet or exceed basic criteria set forth by the FNS. The HUSSC criteria reflect the recommendations of the *2005 Dietary Guidelines for Americans* for foods served in schools and outside of the organized school lunch meals. HUSSC schools must also have a local school wellness policy as mandated by Congress.

Specifically, schools need to serve reimbursable meals that reflect good menu planning principles, such as serving a variety of healthier foods that look good, taste good, and appeal to the cultural sensitivities of the school and community populations.

The USDA requires that HUSSC awardees plan meals that emphasize fruits and vegetables (specifically dark green and orange vegetables as well as dried beans and peas), whole grains, and fat-free or low-fat milk and milk products; include lean meats, poultry, fish, beans, eggs, and nuts; and are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. While there is no requirement to offer vegetarian entrees, the HUSSC does promote having healthy options (which may include meat alternatives such as beans) to meet the needs of the school and its community.

Schools that work toward achieving the HUSSC menu criteria now have the added benefit of aligning their meal programs with the expected changes in the NSLP as a result of the Healthy, Hunger-Free Kids Act of 2010.

USDA Foods, formerly known as commodity foods, assist school nutrition departments in keeping costs reasonable and offer foods that can be part of a healthy vegetarian school meal. They include a variety of fresh, frozen, canned, and dried fruits and vegetables, dried beans and peas, nuts, seeds, eggs, and whole grains. More information is available on the USDA Food Facts Web page at http://www.fns.usda.gov/fdd/commodityfoodfacts.htm (Outside Source).

Newly allowable food items are opening the door for more vegetarian meals. Over the last few years, several vegetarian foods have become allowable foods for a reimbursable school meal. These include yogurt (counts as a meat/meat alternate) and soy milk that meets the USDA specifications.

C. California Efforts

School Nutrition Program Sponsor Training and Technical Assistance

The CDE provides training and technical assistance statewide to school nutrition personnel on program administration, school nutrition management, and nutrition education, using multiple delivery methods including classroom and online instruction. Information on planning multicultural and vegetarian meals is included in two courses that are currently offered: Child Nutrition Program Administration and Healthy Cuisine for Kids. Other courses, such as Menu Design, are under revision and will feature these topics once completed. More information about current training options is available on the CDE Food Service Education and Training Web page at http://www.cde.ca.gov/ls/nu/ed/.

Child Nutrition Program Administration is an annual college-level course providing critical training for newer school nutrition program directors. It includes instruction on key school nutrition program requirements, school nutrition management, and nutrition principles. Instructors introduce school nutrition and nutrition education resources, including recipes and classroom training materials. The basic principles of menu planning, including the importance of providing meals that are culturally appropriate, is part of the curriculum. Students learn about accommodating students with medical and dietary restrictions or requests. Participants bring their sample menus to share and review. The 2011 course featured best practice activities from school districts statewide, including those providing creative vegetarian/vegan lunches.

Healthy Cuisine for Kids is a three-day (24-hour) course developed by the National Food Service Management Institute that the CDE offers through the California Professional Nutrition Education and Training (Cal-Pro-NET) Center at Glendale Community College. The course is team taught by a school nutrition director, a chef, and a registered dietitian. The target audience is staff responsible for menu planning and food preparation at school districts. This innovative course features classroom lectures, food demonstrations, and hands-on training that includes meal preparation.

Course participants prepare new healthy recipes, including vegetarian lunch entrees such as Spanish quiche, bean burritos, macaroni and cheese made with reduced-fat cheese, vegetarian chili, and vegetable pasta medley. Participant feedback from these recipes was so positive that there are plans to incorporate more vegetarian recipes in the revised Healthy Cuisine for Kids course, scheduled for delivery in various regions throughout the state in fall 2012. Livermore Unified School District, a participant of the course, offers a daily vegetarian option at their middle and high schools, as does Irvine Unified School District, which also offers a daily vegetarian entrée at their elementary schools.

The Administrative Review and Training Grant provides federal funds to the CDE to develop and offer a one-day menu planning class in 2012, titled Current Requirements for National School Lunch Program Food-Based Menu Planning. The class will include a discussion of meat and meat alternates and will be team taught by a school nutrition director and a child nutrition consultant. At-risk school districts will be the target audience and are subject to certain criteria, including those new to school nutrition programs, districts with a new food service director, and districts with review findings in the area of menu patterns. The CDE plans to use its USDA State Administrative Expenditure funds to expand the number of course offerings in both classroom and webinar settings to all school districts.

The CDE will release a Management Bulletin on ACR 16 in the 2012 school year, targeting all school districts, county offices of education, after school programs, and other relevant partners. It will identify resources, including classes, webinars, Web sites, and technical assistance opportunities for providing vegetarian/vegan and cultural school meals.

Nutrition Education

Nutrition education is a critical element of a healthy school environment. Students must learn key concepts and develop skills to make healthy choices, including whether to choose a vegetarian or vegan lifestyle. Some school districts have successfully implemented nutrition education programs through a comprehensive coordinated school health model or by integrating nutrition or health education into core curricula subjects such as math, science, and language arts. Many districts can do neither due to fiscal constraints.

Shaping Health As Partners in Education (SHAPE) California is an initiative that supports the coordinated school health model. Currently, there are over 225 districts working together to improve the health and academic success of California schoolchildren. The SHAPE California approach includes offering healthy meals in school nutrition programs, promoting comprehensive nutrition education, applying school nutrition policy and practices, and building and maintaining partnerships within the school and neighboring community that support comprehensive nutrition services. The CDPH requires schools to participate in SHAPE as one criterion to receive a Network Local Incentive Award. Additional information about the SHAPE initiative is on the CDE SHAPE California Web page at http://www.cde.ca.gov/ls/nu/he/shape.asp.

The CDE conducts annual workshops for SHAPE members that address themes in nutrition education and healthy school environments. During the 2010 and 2011 school years, SHAPE meetings discussed strategies to increase fruit and vegetable consumption by students. In the 2012 school year, SHAPE meetings will focus on using the new California *Nutrition Education Resource Guide* to choose and provide an effective nutrition education program in schools and after school programs. Cultural and

vegetarian themes will be woven into the workshops as one way to address students' nutrition skill development and subsequent food choices.

The CDE has developed a number of nutrition education resources that support the intent of ACR 16. For a comprehensive list, please visit the CDE Healthy Eating and Nutrition Education Web page at http://www.cde.ca.gov/ls/nu/he/. *The Nutrition Competencies for California's Children* (*NCCC*) support and guide nutrition education at school districts, and align with the 2008 *Health Education Content Standards for California Public Schools* (*HECS*). These *HECS* represent a consensus of the essential health knowledge and skills that students should have at specific grade levels, from kindergarten through twelfth grade, in California's public schools. The *HECS* consists of six content areas, including nutrition and physical activity.

The *NCCC* further define student knowledge and skills that are needed for students to make healthy food and lifestyle choices, such as adopting a vegetarian diet, at each grade level. The *NCCC* include the standards identified in the "Nutrition and Physical Activity" content area of the *HECS* plus other benchmarks of learning, adding specificity to the *HECS* in the area of nutrition. For example, under the *HECS* "Essential Health Concepts" for grades five and six, the *NCCC* add "describe examples of how different cultures may meet dietary guidelines using a variety of foods." Under the *HECS* "Analyzing Nutrition Influences" for grades seven and eight, the *NCCC* add "illustrate how food choices from different cultures meet nutrient needs." Vegetarian diets are a part of many cultural eating habits as well as being a personal choice. The intention of these examples is to provide students with the opportunity to learn and respect diverse ways of eating and to recognize that many eating patterns can meet nutritional guidelines.

The recently completed *Nutrition Education Resource Guide*, developed by the CDE in collaboration with the CDPH, includes the 2010 Nutrition Competencies, curriculum connections to the Nutrition Competencies, and descriptions of recommended nutrition education curricula and instructional resources that support the Nutrition Competencies. Teachers can use the guide in a variety of ways, including multicultural and alternative eating patterns. The CDE will post the guide on the Web in late 2011 and distribute hard copies at various CDE trainings on nutrition education beginning in October 2011.

The CDE has developed two classroom cooking guides, *Kids Cook Farm-Fresh Food* and *A World of Good Tastes!* Both include non-meat, cultural dishes for students to prepare in the classroom or after school setting. Children who prepare food are more likely to eat it.

School nutrition programs serve as a learning laboratory each day to teach schoolchildren about local-level nutrition needs and preferences such as ethnically and culturally diverse foods or vegetarian/vegan diets. Students have an opportunity to try new foods included on the menu or introduced during a student taste test. School menus are vehicles for nutrition education for students and their families. School district

Web sites now promote student health and nutrition education. These Web sites include school wellness policies, parent newsletters, and nutrition education activities for the school community, families, or local organizations.

The California Healthy Kids Resource Center and the California After School Resource Center support quality after school and health education programming via comprehensive Web sites and a statewide circulating library of reviewed materials, online trainings, and technical assistance. An expansive collection of reviewed and research-based health, nutrition, physical activity, and food service education materials are available for free to loan to teachers, administrators, child nutrition staff, parents, and community personnel who work with students in preschool through twelfth grade in school day and after school programs. Accessible online resources, trainings, and circulating materials address vegetarianism, cooking in the classroom, using the *Dietary Guidelines* and nutrition facts labels to make healthy choices, and many other health and nutrition topics. The centers are funded by the CDE (After School Programs Office, Nutrition Services Division, Coordinated School Health and Safety Office) and the CDPH Network.

For more information, please visit the California Healthy Kids Resource Center Web site at http://www.californiahealthykids.org (Outside Source) and the California After School Resource Center Web site at http://www.californiaafterschool.org (Outside Source).

The CDPH, through the Network for a Healthy California, works to increase the consumption of fruits and vegetables at low-income schools, which indirectly supports the acceptance of vegetarian diets. The Network's Harvest of the Month encourages collaboration between the classroom and the cafeteria, particularly though the "Cafeteria Connections" section in the Harvest of the Month Educator Newsletters. This feature offers strategies to utilize the cafeteria as a learning laboratory and encourages teachers to work with child nutrition staff. The newsletter also contains a "Student Champions" section, which suggests ways students can educate others about featured produce and become proactive in involving the school community to provide more fruits and vegetables. At times, this includes cafeteria involvement. Harvest of the Month naturally ties into Farm to School programs by encouraging schools to work with their local farmers to obtain produce for taste testing activities and field trips to the farm. The Network's *Children's Power Play!* Campaign has a cafeteria/food service intervention that focuses on orienting food service directors on fruit and vegetable resources (such as the USDA's *Fruits and Veggies Galore* and the CDE's Fresh Fruit and Vegetable Program) as well as marketing and promotion to create healthy school environments where the social norm is to select fruits and vegetables. The Network actively promotes the national initiative, Let's Move Salad Bars to School, encouraging eligible schools to receive a free salad bar. Finally, the CDPH's *California Food Guide* contains background information for professionals on ethnic dietary issues and vegetarian diets. The guide can be accessed on the Department of Health Care Services California Food Guide Web page at

http://www.dhcs.ca.gov/formsandpubs/publications/Pages/CaliforniaFoodGuide.aspx (Outside Source).

D. Local Implementation of Vegetarian and Cultural School Meals

Since the adoption of ACR 16, many school districts have integrated vegetarian and cultural offerings into the school meals. Generally, adding these options is in response to requests from the families, occurring most frequently in districts where there is a high level of cultural diversity. In California, this is often in coastal, urban communities. Below is a summary of five districts that offer vegetarian and cultural meals on a regular basis. Sample menus are located in Attachment 2.

Promising Practices

Sample School Districts Offering Vegetarian Meals

School District (2010–11)	Free/Reduced % (rounded)	Enrollment (# students)	Ethnicity % (rounded)						
			A	AA	AI	L	PI/F	W	O
Elk Grove USD	51	62,455	21	16	<1	25	7	24	6
Oakland USD	70	46,586	13	32	2	40	2	8	5
San Diego USD	65	131,785	8	11	<1	46	6	24	4
Yuba City USD	59	13,200	16	2	<1	39	1	35	6

A: Asian
AA: African American
AI: American Indian
L: Latino
PI/F: Pacific Islander/Filipino
W: White
O: All others
USD: Unified School District

Elk Grove Unified School District (USD) has provided non-meat school lunch entrées for over 10 years. The district began offering these meals because the students requested non-meat choices. Some students prefer them for religious reasons, while others are vegetarians out of personal choice. Offering non-meat entrees is a way to provide more variety to students. (The secondary menu only shows the entrees, but students have the choice of a variety of fresh fruits and vegetables and non-fat or low-fat milk at all points of service.)

Oakland USD just completed its second consecutive year of offering “Meatless Mondays” at all its schools. Administrators have chosen a “one day a week, cut out the

meat" plan over concern for health and environmental consequences of eating too much meat. Grilled cheese sandwiches, garden burgers, barbecued tofu and vegetables, bean burritos, vegetarian stir-fry, and pastas, all served with a variety of fruits and vegetables, are just a few of the meatless entrées featured on Mondays. The Oakland USD offers at least one meatless option during most days the rest of the week.

San Diego USD administrators believe that healthy bodies make healthy minds. The district's Food Services Department provides healthy meals daily to students, preparing them to learn and guiding them in the process of developing positive, lifelong eating habits. The San Diego USD serves more than 135,000 meals and snacks daily, and has served vegetarian meals regularly for nine years. Each day, students may choose a vegetarian entrée—one day it could be the "Three Bean Chili Tostada" and another day the "Spicy Black Bean Burger."

Yuba City USD has served a meatless entrée every day for the past eight years. The district began serving meatless meals to accommodate the area's large vegetarian population but have found that all students enjoy the meatless entrees. The Student Nutrition Department considers it a worthwhile challenge, saying, "It is a lot of work to serve them every day, but the program is very successful."

V. Challenges to Providing Vegetarian School Meals

The vegetarian choices in school meals come in spite of federal school lunch reimbursements that have not kept pace with increased food and labor costs. School nutrition directors identified the cost of vegetarian items as a significant barrier to making these choices available. Currently school nutrition programs receive $2.72 in federal meal reimbursement for each lunch served to students qualifying for free school meals. The SNA estimated the average cost to prepare a school lunch during the present school year at $2.92.[12] Incorporating more whole grains and fruits and vegetables into meals often adds to the food and labor cost. For example, many front-line staff lack the proper handling and cutting skills for fresh produce. Offering more whole food items can also lead to increased equipment and storage costs as districts must readjust their systems for preparing and storing fresh food items.

VI. Conclusions and Recommendations in a No Cost Environment

This report and ACR 16 outline multiple health issues, such as obesity and type 2 diabetes, facing schoolchildren that require action. National, state, and local efforts focus on improving children's diets and building healthy school environments and communities. School districts in California provide healthier meals that feature more

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[12] "Impact of Rising Food Prices on School Nutrition." School Nutrition Association, downloaded on July 19, 2011. http://www.asfsa.org/Content.aspx?id=2398 (Outside Source).

fresh fruits and vegetables and an increasing number of vegetarian/vegan lunches. Critical training for school nutrition personnel includes instruction on healthy food preparation, multicultural eating habits, and vegetarian diets. Students benefit from nutrition education online and in the cafeteria, classroom, and community. However, California needs to continue efforts to support the foundation established to promote children's health.

The CDE and the CDPH recommend the following actions that promote further implementation of ACR 16 and support healthy school environments:

- Continue to provide input to the USDA on proposed changes to menu planning requirements to promote greater flexibility to serve plant-centered protein options.

- Continue to support and recommend NSLP regulatory changes to provide additional funding for nutrition education and food service equipment and increased meal reimbursement.

- Initiate or support state-level policy that provides for increased meal reimbursement and nutrition education activities for school districts.

- Release a Management Bulletin on ACR 16 in the 2012 school year to all school districts, county offices of education, after school programs, and other relevant partners. The bulletin will include resources such as classes, webinars, Web sites, and technical assistance opportunities for providing vegetarian/vegan and cultural school meals.

- Provide additional training for state and school district staff on vegetarian meal requirements, creative menu planning, and resources to provide vegetarian lunches.

- Include additional information in professional development courses for school nutrition professionals, such as Nutrient Standard Menu Planning and Food-based Menu Planning courses, on multicultural and vegetarian diets and planning vegetarian meals.

- Survey districts regarding the need for additional training on multicultural or vegetarian diets and providing vegetarian meals that meet program requirements.

The CDE, the CDPH, and our partners look forward to continued collaboration on these and other recommended activities that will promote children's health and healthy school environments with nutritious and creative meals for all students.

Assembly Concurrent Resolution No. 16

RESOLUTION CHAPTER 62

Assembly Concurrent Resolution No. 16—Relative to nutrition.

[Filed with Secretary of State June 19, 2003.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 16, Nation. Nutrition: vegetarian school lunches.

This measure would urge the State Departments of Education and Health Services to develop nutritionally sound school lunch menu plans that would provide daily optional plant-centered vegetarian school lunches and would state that nutrition educational materials and instruction should include information about multicultural eating patterns and vegetarian/vegan eating patterns.

The measure would also request the State Departments of Education and Health Services to make a report to the Legislature by January 1, 2008.

WHEREAS, The American Academy of Pediatrics, the American Cancer Society, the American Dietetic Association, the American Diabetes Association, the American Heart Association, the United States Department of Agriculture (USDA), and the National Institutes of Health recommend that there be greater emphasis in the American diet on fruits, vegetables, whole grains, and legumes with a reduction in consumption of animal foods, which are generally higher in saturated fat and cholesterol; and

WHEREAS, Recent studies indicate that more than one-quarter of California children are overweight or obese and therefore at higher risk of developing health problems, including heart disease, diabetes, asthma, and cancer; and

WHEREAS, Fruits, vegetables, whole grains, and legumes are generally lower in fat and calories than meat and dairy products, contain no cholesterol, and promote good health because they contain fiber and essential nutrients, including vitamins and minerals, and they also contain phytochemicals and antioxidants that may provide additional protection to reduce the risk of some forms of cancer, heart disease, obesity, diabetes, high blood pressure, and other degenerative diseases; and

WHEREAS, A significant percentage of children who rely on free or reduced price school lunches are considered "at risk" for these diet-related degenerative diseases; and

WHEREAS, Diet-related diseases take a disproportionate toll among ethnic minorities and ethnic minorities also have dramatically higher rates of lactose intolerance than their Caucasian peers; and

WHEREAS, A growing number of California school children either identify themselves as vegetarian or vegan, come from vegetarian or vegan families, or come from families who avoid meat and dairy foods for religious or health reasons; and

WHEREAS, Exposure of plant-centered entrees in the school cafeteria will positively influence children with poor eating habits; and

WHEREAS, Children who are considered "at risk" for diet-related diseases, children with poor eating habits, children whose religion avoids animal foods, children who are vegetarian/vegan, and children with dairy allergies are at a disadvantage if no plant-centered school lunch meal is offered daily in their respective schools; and

WHEREAS, The American Dietetic Association has stated that it is their position that appropriately planned vegetarian diets are healthy and nutritionally adequate and that scientific data suggest positive relationships between vegetarian diets and risk reduction for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer; and

WHEREAS, The State Department of Health Services is striving to increase public awareness of the importance of eating five or more servings of fruits and vegetables a day with studies indicating the vast majority of children do not eat the Recommended Daily Allowance for these foods; and

WHEREAS, Increased consumption of locally grown fruits and vegetables promotes a sustainable environment; and

WHEREAS, Fruits, vegetables, whole grains, and legumes are available through the USDA commodities program; and

WHEREAS, The USDA has made available a newer school lunch menu planning option called "Nutrient Standard Menu Planning," which does not require a meat or meat alternate component, and which is based on the recognition that most nutrients may be obtained from a variety of foods and allows for significantly greater flexibility in menu planning; and

WHEREAS, The USDA 1995 School Meals Initiative suggests that school lunch programs, in order to provide variety and encourage consumption and participation, should, whenever possible, offer a selection of menu items and foods from which pupils may make choices; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the State Departments of Education and Health

Services are urged to develop nutritionally sound school lunch menu plans that would provide daily optional plant-centered vegetarian school lunches, prepared without meat or dairy products, in such a way that all pupils are assured nutritionally balanced diets, regardless of their food preferences and avoidances, and the plans be voluntarily phased in over a period of approximately 4 years; and be it further

Resolved, That the optional plant-centered school lunch entrees be developed with a similar standard for variety, cycle of repeat, and availability as meat and dairy options; and be it further

Resolved, That nutrition educational materials and instruction strive to recognize and include information about multicultural eating patterns including vegetarian/vegan eating patterns; and be it further

Resolved, That the State Departments of Education and Health Services are requested to report to the Legislature by January 1, 2008, on efforts and progress made to offer optional vegetarian school lunches; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the Director of Health Services, the President of the State Board of Education, and the Superintendent of Public Instruction.

O

Oakland Unified School District October 2010 Elementary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Prices: Full Price $2.25 Reduced $0.40 Free $0.00 Milk w/o Meal $0.40	NUTRIENT TARGETS Calories 645 Total Fat <30% Saturated Fat <10% Cholesterol <100 mg Sodium <1100 mg Fiber 6 g	NUTRIENT AVERAGES Calories 666 Total Fat 26% Saturated Fat 9% Cholesterol 52 mg Sodium 1039 mg Fiber 8 g	(L) Lower Fat Poultry (P) Pork (V) Vegetarian (WG) Whole Grain	1 Breakfast for Lunch Day! Muffin Sandwich Scrambled Eggs w/ Veggie Sausage Chicken & Waffles Pretty Roasted Potatoes Outstanding Oranges Crackers (WG)
4 Meatless Monday! Vegetarian Chili (V) PB & Jelly Sandwich (V) Garden Burger w/ Cheese (V) Beautiful Baby Carrots 100% Fruit Juice	5 Cheeseburger (WG Bun) BBQ Chicken Drumstick Pizza Pocket A+ Apples Baked Beans	6 PIZZA DAY! Cheese Pizza (WG) Pepperoni Pizza (WG)(P) Terrific Tossed Salad Brave Bananas Shape-Ups	7 Chicken Suqaar Cheese Quesadilla (V) Hamburger (WG Bun) Outstanding Oranges California Vegetable Blend Scrabble Cheezits	8 No School for Students Professional Development Day
11 National School Lunch Week! Meatless Monday! Grilled Cheese (WG)(V) PB & Jelly Sandwich (V) Veggie Patty Parmesan V) Cool Corn Cobette Crackers (WG) 100% Fruit Juice	12 Taquitos Chicken Soft Tacos Bean and Cheese Tacos (V) Rice and Beans A+ Apples	13 PIZZA DAY! Cheese Pizza (WG) Pepperoni Pizza (WG)(P) Smart Spinach Salad Brave Bananas Shape-Ups	14 THE IDEAL MEAL Grass Fed Beef Hot Dog (WG Bun) (Hormone, Antibiotic, & Preservative Free) Vegetarian Chili (V) Southwest Chicken Bowl (Free Range, Hormone Free) Powerful Pink Lady Apples (Local) Beautiful Baby Carrots (Local)	15 Chili Cheese Nachos (L) Grilled Chicken Salad Grilled Cheese (WG) Beautiful Baby Carrots Kind Kiwi
18 Meatless Monday! Bean & Cheese Burrito (V) Vegetarian Stir Fry (V) Gardenburger w/ Cheese (V) Brown Rice Cool Corn Cobette 100% Fruit Juice	19 Hamburger (WG Bun) PB & Jelly Sandwich (V) Oven Baked Chicken Delicious Deli Roasted Potatoes Outstanding Oranges	20 PIZZA DAY! Cheese Pizza (WG) Pepperoni Pizza (WG)(P) Terrific Tossed Salad Brave Bananas Shape-Ups	21 Pasta with Meat Sauce Deli Delights Cheese Quesadilla (V) California Vegetable Blend Fantastic Waldorf Fruit Salad Scrabble Cheezits	22 Beef & Broccoli Chicken Egg Roll (WG) Chicken Teriyaki Brown Rice Super Stir Fry Vegetables Kind Kiwi
25 Meatless Monday! Grilled Cheese (WG)(V) Cheese Quesadilla (V) Vegetarian Chili (V) Beautiful Baby Carrots 100% Fruit Juice	26 Cheeseburger (WG Bun) PB & Jelly Sandwich (V) BBQ Chicken Drumstick Marvelous Mashed Potatoes A+ Apples	27 PIZZA DAY! Cheese Pizza (WG) Pepperoni Pizza (WG)(P) Brave Bananas Smart Spinach Salad Shape-Ups	28 Chicken Lo Mein Bean & Cheese Burrito Chicken Vegetable Medley Celery & Peanut Butter Great Grapes	29 Breakfast for Lunch Day! Muffin Sandwich Scrambled Eggs w/ Veggie Sausage Chicken & Waffles Pretty Roasted Potatoes Outstanding Oranges Crackers (WG)

OAKLAND UNIFIED SCHOOL DISTRICT
Community Schools, Thriving Students

Oakland schools are "meatless" on Mondays!

We serve 1% White Milk daily and Nonfat Chocolate Milk on Mondays.

Menu subject to change based on availability

Oakland Unified School District MAY 2011 Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatless Monday! Grilled Cheese (V)(WG) Vegetarian Chili w/ Combread(V) Garden Burger w/ Cheese (V) California Vegetable Blend 100% Fruit Juice	3 PIZZA DAY! Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Carrots Great Granny Smith Apple Gripz Grahams	4 BBQ Chicken Drumstick Cheeseburger (WG Bun) PB & Jelly Sandwich (V) Marvelous Mashed Potatoes Brave Bananas	5 Chicken Lo Mein Chicken Teriyaki Bowl Chicken Vegetable Medley Stir Fry Vegetables Smart Strawberries Goldfish Crackers (WG)	6 Chicken Sausage Biscuit Chicken & Waffles Eggs w/ Veggie Sausage (V) Delightful Deli Roasted Potatoes Perfect Pears
9 Meatless Monday! Black Beans & Rice (V)(GF) Vegetarian Chili w/ Combread(V) Vegetarian Stir Fry Bowl (V) Brown Rice Cool Carrots 100% Fruit Juice	10 PIZZA DAY! Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Powerful Peas & Carrots Perfect Pears Graham Crackers	11 Pasta & Meat Sauce (V)(WG) Wrapped Bagel Dog Cheese Quesadilla (V) California Vegetable Blend Brave Bananas	12 Chicken Suqaar BBQ Chicken Melt PB & Jelly Sandwich (V) Groovy Green Beans Outstanding Oranges Crackers (WG)	13 Chili Cheese Nachos (L) Grilled Cheese (V)(WG) Grilled Chicken Salad Celery & Peanut Butter Smart Strawberries
16 Meatless Monday! Bean & Cheese Burrito (V) PB & Jelly Sandwich (V) Garden Burger w/ Cheese (V) Brown Rice Crazy Corn Cobette 100% Fruit Juice	17 PIZZA DAY! Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Carrots Perfect Pears Graham Crackers	18 Grilled Cheese (V)(WG) Hamburger (WG Bun) Oven Baked Chicken Delightful Deli Roasted Potatoes Brave Bananas	19 Fish Tacos Pizza Pocket BBQ Chicken Sandwich California Vegetable Blend Smart Strawberries Crackers (WG)	20 Beef & Broccoli Chicken Egg Roll (WG) Chicken Teriyaki Brown Rice Excellent Edamame Beans Great Granny Smith Apple
23 Meatless Monday! Black Beans & Rice (V)(GF) Vegetarian Chow Mein (V) Vegetarian Stir Fry Bowl (V) Cool Carrots 100% Fruit Juice	24 PIZZA DAY! Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Corn Cobette Outstanding Oranges Graham Crackers	25 PB & Jelly Sandwich (V) Pepperoni Sandwich (P) Hamburger (WG Bun) Silly Spinach Salad Brave Bananas Wheat Roll	26 Wrapped Bagel Dog Southwest Chicken Bowl Groovy Green Beans Perfect Pears Crackers (WG)	27 Memorial Day Holiday No School
30 Memorial Day Holiday No School	31 PIZZA DAY! Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Carrots Brave Bananas Gripz Grahams	Prices: Full Price $2.25 Reduced $0.40 Free $0.00 Milk w/o Meal $0.40	(L) Lower Fat Poultry (V) Vegetarian (WG) Whole Grain (GF) Gluten Free (LF) Low Fat (P) Pork	MEATLESS MONDAY Oakland schools are "meatless" on Mondays!

OAKLAND UNIFIED SCHOOL DISTRICT
Community Schools, Thriving Students

Menu subject to change based on availability.

We serve 1% White Milk daily and Nonfat Chocolate Milk on Mondays. All milk is locally sourced and rBST hormone free.

NUTRIENT TARGETS	
Calories	645
Total Fat	<30%
Saturated Fat	<10%
Cholesterol	<100 mg
Sodium	<1100 mg
Fiber	6 g

NUTRIENT AVERAGES	
Calories	635
Total Fat	25%
Saturated Fat	8%
Cholesterol	49 mg
Sodium	984 mg
Fiber	8 g

Oakland Eats GARDEN FRESH!

Yuba City Unified School District

Plug In Your Brain

With a School Breakfast!

Breakfast
$.30 Reduced — $1.00 Elementary

Lunch
$.40 Reduced — $2.00 Elementary

Ask your cafeteria worker for a breakfast menu or go to www.ycusd.k12.ca.us

Lunch Menu August 17, 2010 - December 17, 2010

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~~ Week #1 ~~ Aug. 16th, 30th / Sept. 13th, 27th / Oct. 11th, 25th / Nov. 8th, 29th / Dec. 13th

Monday
Chicken Fajita on Loco Bread w/Refried Beans
Bean Burrito
Deli Sandwich w/Chips
Yogurt & Fruit Parfait
Included with Each Choice:
Raisins
Rice Krispie Treat
Choice Bar
Assorted 1% Milk

Tuesday
Tuesday's Special
Asian Noodle Bowl
Cheese Pizza Lunchable
Yogurt w/Fruit Nut Mix
Included with Each Choice:
Cookie
Juice
Choice Bar
Assorted 1% Milk

Wednesday
Hamburger w/Fries
Veggie Burger w/Fries
Chili Cheese Wrap
Yogurt & Fruit Parfait
Included with Each Choice:
Cheese Stick
Birthday Cake
Choice Bar
Assorted 1% Milk

Thursday
Thursday's Special
Beef Taco
Mac & Cheese
Yogurt w/Fruit Nut Mix
Included with Each Choice:
Peanuts
Scooby Snacks
Choice Bar
Assorted 1% Milk

Friday
Pepperoni Pizza
Cheese Pizza
Chef Salad
Yogurt & Fruit Parfait
Included with Each Choice:
Gold Fish Crackers
Cup of Cherries
Choice Bar
Assorted 1% Milk

Choice Bar Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
Taco Salad	Wheat Roll	Pickles or Pickle Spears	Fruit Jello	Oriental Salad
Salsa	Broccoli & Tomato Mix	Shredded Lettuce w/Tomato	Scones	Bread Stick
Jalapeno	Fresh Pineapple	Fresh Apples or Strawberries	Salsa	Fresh Farm Fruit
Melons or Chilled Pears	Chilled Peaches	Tuna w/Celery Sticks	Grapes or Asian Pears	Cucumbers & Tomatoes
Mini Carrots	Mixed Salad Greens	Chilled Mixed Fruit	Jicama & Carrots	Pudding
Fruit & Nut Mix	Fruit Leather	Power Ice Bar		

fruits & veggies **more matters**

~~ Week #2 ~~ Aug. 23rd / Sept. 6th, 20th / Oct. 4th, 18th / Nov. 1st, 15th / Dec. 6th

Monday
Chicken Sandwich
PB & J Sandwich
Tostada
Yogurt & Fruit Parfait
Included with Each Choice:
Ice Cream Sundae
Peanuts
Choice Bar
Assorted 1% Milk

Tuesday
Tuesday's Special
BBQ Meatball Sandwich w/Chips
Chicken & Chips in a Basket
Yogurt w/Fruit Nut Mix
Included with Each Choice:
Green Beans
Brownie w/Walnuts
Choice Bar
Assorted 1% Milk

Wednesday
Chili Dogs
Cheese Pizza
Hot Pocket
Yogurt & Fruit Parfait
Included with Each Choice:
Cookie
Raisins
Choice Bar
Assorted 1% Milk

Thursday
Thursday's Special
Nachos w/Beans & Cheese
Taco Salad
Yogurt w/Fruit Nut Mix
Included with Each Choice:
Fruit Nut Mix
Hot & Spicy Snack Mix
Choice Bar
Assorted 1% Milk

Friday
Chicken Nuggets
Grilled Cheese
Asian Rice Bowl
Yogurt & Fruit Parfait
Included with Each Choice:
Fortune Cookie
Frozen Fruit Cup
Choice Bar
Assorted 1% Milk

Tuesday Lunch Specials

August 24
French Dip Sandwich
August 31 & October 26
Chicken Fries w/Baked Beans
September 7
Tuna Sandwich w/Chips
September 14 & November 9
Chili Verde Burritos
September 21
Spaghetti Tacos
September 28 & November 30
Soup & Sandwich
October 5
Breakfast for Lunch
Colby Cheese Omelet, Turkey Sausage, Hash Browns, Juice
October 12
Roasted Ham w/Deli Roasted Potatoes
October 19
Quesadilla w/Frijoles
November 2
Beef Ravioli w/Ciabatta Bread
November 16
Bacon Cheeseburger
December 7
Pasta w/Bread Sticks
December 14
Mini Burger Sliders w/Seasoned Fries

Thursday Lunch Specials

August 19
Breakfast for Lunch
Colby Cheese Omelet, Turkey Sausage, Hash Browns, Juice
August 26
Bacon Cheeseburger
September 2
Quesadilla w/Frijoles
September 9
Beef Ravioli w/Ciabatta Bread
September 16 & December 9
BBQ Chicken w/Corn on the Cob
September 23
Mini Burger Sliders w/Seasoned Fries
September 30 & December 2
Chicken Fried Rice w/Fortune Cookie
October 7
Tuna Sandwich w/Chips
October 14
Pasta w/Bread Sticks
October 21
French Dip Sandwich
October 28 & November 18
Roasted Turkey & Gravy w/Mashed Potatoes
November 4
Spaghetti Tacos
December 16
Roasted Ham w/Deli Roasted Potatoes

Food Services

Our Vision is to:

"Feed today's student to succeed in tomorrow's world!"

Peanut Butter Oatmeal Powerballs

Delicious, nutritious, easy to make, and sure to be a kid favorite!

Ingredients:

1 cup chunky peanut butter
1 cup honey
3 cups old-fashioned oatmeal
1 cup semi-sweet mini chocolate chips
*Try adding - 1 cup any combination of nuts and soft dried fruit *

Preparation
Using a stand or handheld mixer, blend peanut butter and honey well.
Add oats and mix well.
Add chocolate chips and mix well, by hand if necessary.
Use a small cookie scoop and make golf ball size balls, rolling between hands and place on wax paper-lined cookie sheet.
Can be eaten immediately, or refrigerate, layering between sheets of wax paper. Makes approx. 36 balls.
Enjoy

Nutrition information per serving: 118.5 calories, 5.4 g total fat, 1.5 g sat. fat, 0 mg cholesterol, 103 mg sodium, 99.2 mg potassium, 16.6 g total carbohydrate, 1.6 g dietary fiber, 11 g sugars, 3 g protein

Holidays

Labor Day
September 6th

Veteran's Day
November 11th

Thanksgiving
Nov. 22 - Nov. 26

Christmas Break
Dec. 20 - Jan. 7

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Come join our team!

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For menu and nutritional information visit our Website at:

http://www.ycusd.k12.ca.us

To pay for school meals on-line go to:

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$.40 Reduced — $2.00 Elementary

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Lunch Menu January 10, 2011 - June 3, 2011

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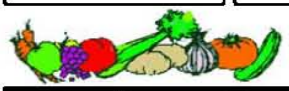
~~ Week #1 ~~ Jan. 10th, 24th/Feb. 7th, 21st/Mar. 7th, 21st/Apr. 4th, 18th/May. 9th, 23rd

Monday	Tuesday	Wednesday	Thursday	Friday
Chili Verde in a Tostada Boat Mini Burgers Cheese Hot Pocket Yogurt & Fruit Parfait *Included with Each Choice:* Raisins Cookie Choice Bar Assorted 1% Milk	*Tuesday's Special* Chicken Nuggets Grilled Cheese Sandwich Yogurt w/Trail Mix *Included with Each Choice:* French Fries Juice Choice Bar Assorted 1% Milk	Bean & Cheese Nacho's Pepperoni Pizza Beef Taco Yogurt & Fruit Parfait *Included with Each Choice:* Nut Cup Birthday Cake Choice Bar Assorted 1% Milk	*Thursday's Special* Chicken Burger Burrito Yogurt w/Trail Mix *Included with Each Choice:* Gold Fish Crackers Chilled Fruit Cup Choice Bar Assorted 1% Milk	Veggie or Meat Hot Dog w/Mac & Cheese Fish Taco Asian Rice Bowl Yogurt & Fruit Parfait *Included with Each Choice:* Fortune Cookies Raisins Choice Bar Assorted 1% Milk



Choice Bar Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Salad Salsa or PB w/Celery Mini Carrots Fruit Twist Wheat Roll	Pudding Spinach Salad Scones Chunky Applesauce Pickle Chips	Jalapeno's Salsa Jicama & Cherry Tomatoes Mandarin, Kiwi, or Strawberry Shape Up Bars Chilled Peaches	Fruit Jello Bread Stick Mixed Green Salad w/Ranch Orange Wedges or Grapes Broccoli & Carrots	Fresh Pineapple Lettuce & Tomato Chilled Pears Pumpkin Seeds or Sunflower Seeds Garden Fresh Veggies

more matters

~~ Week #2 ~~ Jan. 17th, 31st/Feb. 14th, 28th/Mar. 14th, 28th/Apr. 11th/May 2nd, 16th, 30th

Monday	Tuesday	Wednesday	Thursday	Friday
Fried Chicken w/Corn on the Cob Mozzarella Cheese Sticks w/Marinara Sauce Chef Salad Yogurt & Fruit Parfait *Included with Each Choice:* Baked Beans Cookie Choice Bar Assorted 1% Milk	*Tuesday's Special* Cheese Burger or Veggie Burger w/ Potato Smiles Asian Noodle Bowl Yogurt w/Trail Mix *Included with Each Choice:* Raisins Fruit Cup Choice Bar Assorted 1% Milk	Tamale Pocket Chicken Tenders Mac & Cheese Yogurt & Fruit Parfait *Included with Each Choice:* Brownies w/Walnuts Green Beans Choice Bar Assorted 1% Milk	*Thursday's Special* Sandwich & Soup or Salad Pepperoni Pizza Sandwich Yogurt w/Trail Mix *Included with Each Choice:* ABC Cheese Its Nut Cup Choice Bar Assorted 1% Milk	Cheese Pizza French Dip Sandwich Turkey Cheese Burger Yogurt & Fruit Parfait *Included with Each Choice:* Pickle Spear Chips Choice Bar Assorted 1% Milk

Tuesday Lunch Specials

January 11 & February 1
Chili Beans & Corn Bread
January 18
Meat Lasagna & Dinner Roll
January 25 & February 22
Sloppy Joe w/Fries
February 8
Stuffed Baked Potato w/Nacho Cheese Chili
February 15 & May 31
BBQ Chicken Sandwich
March 1
Breakfast for Lunch
French Toast, Scrambled Eggs w/Diced Ham, Tator Tots, Juice
March 8 & April 5
Chicken Fajita w/Rice
March 15 & May 3
Rib a Que Sandwich w/Corn on the Cob
March 22 & May 24
Pizza Lunchables
March 29 & May 17
Corn Dog w/Potato Smiles
April 12 & May 10
Tuna Sandwich w/Chips
April 19
Chili Colorado w/Rice

Thursday Lunch Specials

January 13 & February 3
Meat Loaf w/Mashed Potatoes & Gravy
January 20 & February 17
Turkey & Gravy w/Mashed Potatoes
January 27 & February 24
Spaghetti w/Meat Sauce, Ciabatta Bread
February 10
Veggie Lasagna & Dinner Roll
March 3 & April 7
Spaghetti Tacos w/Meat Balls
March 17
Bacon Cheese Burger w/Chili
March 24 & April 21
Popcorn Chicken w/Fries
April 14 & May 26
Peanut Butter & Honey Sandwich w/Chips
March 10
Stuffed Baked Potato w/Nacho Cheese Chili
March 31 & May 19
Taco Salad w/Tortilla Chips
May 5
Chili Colorado w/Rice
May 12
Breakfast for Lunch
French Toast, Scrambled Eggs w/Diced Ham, Tator Tots, Juice

Food Services

Our Vision is to:

"Feed today's student to succeed in tomorrow's world!"

Armchair Quarterback Crunch

Ingredients:

3 qt. Popped Popcorn
2 cups Mini Pretzels
1/3 cup Pumpkin Seeds (optional)
1/4 cup Margarine
2 tbsp Grated Parmesan Cheese
1tsp Mexican Seasoning

Place popped popcorn, pretzels and pumpkin seeds in a large bowl. Melt margarine in small pan. Add parmesan and Mexican seasoning. Drizzle over popcorn and toss lightly. Makes about 3 1/2 quarts.

Toadstools

Ingredients:

1 Saltine Cracker
1 Small Piece of Hershey Bar
1 tsp Peanut Butter
1/2 Large Marshmallow

Spread peanut butter on saltine cracker. Top with Hershey bar piece and marshmallow. Microwave 20 seconds.

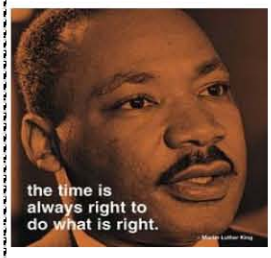
Monster Munch

Ingredients:

3 cup Puffed Rice Cereal
1 cup Dried Apricots; chopped
1 cup Raisins
1 cup Dry-Roasted Unsalted Peanuts
1/3 cup Margarine
1 lb Marshmallows; large
1/2 cup Peanut Butter

In a large bowl, combine cereal, apricots, raisins and peanuts. In microwave safe 13x9 inch baking dish, melt margarine and marshmallows on high 2 minutes. Stir. Add peanut butter. Cook on high 2 minutes longer. Stir until blended. Add cereal mixture to dish. Toss until well coated. Working quickly, with greased hands, form into balls, using about 1/2 cup mixture per ball. If mixture begins to cool and harden, cook on high 30 seconds or until softened.

Holidays



Martin Luther King Jr. Day
January 17th

Lincoln's Birthday
February 11th

President's Day
February 21st

Spring Break
April 22nd - April 29th

Memorial Day
May 30th

For menu and nutritional information visit our Website at:

http://www.ycusd.k12.ca.us

To pay for school meals on-line go to:

http://www.myschoolbucks.com

Kid's Choice Café
Breakfast and Lunch Menu

Begins February 21, 2011—Menu Subject to Change

San Diego Unified School District
Food Services Department

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Three Bean Chili Tostada ♦	Arizona Gold Bean & Cheese Burrito ♦	Cheese Pizza ♦	Broccoli & Cheese Baked Potato ♦	Mozzarella Breadsticks w/Marinara Sauce ♦
Teriyaki Beef Dippers w/Rice	Chicken Patty Sandwich	Turkey Olé Sandwich	Chicken Nuggets	Teriyaki Chicken & Vegetables w/Rice
Chicken and Cheese Quesadilla	Beef Tamale	Cured Turkey & Cheese Sub	Beef & Cheese Gordita	All American Cheeseburger
Garden Salad Bar	Garden Salad Bar	Garden Salad Bar	Garden Salad Bar	Garden Salad Bar

Select one entrée and one or more selections from the garden salad bar containing a variety of fruits, vegetables, dressings and other side dishes. Milk is offered at each meal.

♦ Meatless Entrée

Breakfast

Kid's Choice Café Breakfast

Week 1: 2/21, 3/7, 3/21, 4/4, 4/18, 5/2, 5/16, 5/30, 6/13, 6/27, 7/11
Week 2: 2/28, 3/14, 3/28, 4/11, 4/25, 5/9, 5/23, 6/6, 6/20, 7/5, 7/18

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Waffle Sticks	Beef Chorizo & Egg Burrito	Scrambled Egg w/Potato Rounds	Cured Turkey & Cheese Roll-Up	Bean & Cheese Burrito
Week 2	Breakfast on a Stick w/Turkey Sausage	Egg & Cheese Breakfast Sandwich	Pancakes	Egg, Turkey Sausage, & Cheese Quesadilla	Bean & Cheese Burrito

Assorted Cereal with graham crackers and yogurt with graham crackers are offered daily as entrée choices. Breakfast includes a trip to the breakfast bar for a variety of fruit. Milk is offered at each meal.

Breakfast in the Classroom
At Participating Schools

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast Wrap Fruit Cup	Rice Chex Cereal Goldfish Grahams Apple Slices	Smart Oats Cereal Goldfish Grahams Orange Juice	Cured Turkey & Cheese Roll-Up* Grapes	Bean & Cheese Burrito Banana
Week 2	Cheerios Goldfish Grahams Fruit Cup	Egg & Cheese Breakfast Sandwich Apple Slices	Colby Jack Cheese Vanilla Grahams Apple Juice	Egg, Turkey Sausage, & Cheese Quesadilla* Banana	Bean & Cheese Burrito Grapes

Milk is included with each meal. *Cereal available as a vegetarian option upon request.

Meal Prices 2010-2011

	Lunch	Breakfast
Elementary student	$2.00	$1.00
Free & Reduced-Price	Free	Free
Adult w/o beverage	$3.25	$1.50
Second student meal	$3.25	$1.50
Milk	$ .50	$ .50

It's Cool to Eat at School!

Nutrition and Allergen Information

Nutrition information is available for the menus on the Food Services website in the "About School Menus, Nutrition and Allergen Information" section. This tool can help you and your student plan their menus.

The allergen information for the major 8 allergens (peanuts, tree nuts, fish, seafood, wheat, dairy, soy and eggs) is also provided. Please note that NO products with peanuts or tree nuts are served by the Food Services Department in elementary schools.

For more information regarding nutrition or allergens, please visit the Food Services website at www.sandi.net, select *School Meals*.

Free and Reduced-Price Meal Information: Free and reduced-price meals are available to students whose families meet the federal income criteria. Applications are available throughout the year at all schools, at the SDUSD Food Services Office and online at www.sandi.net, select *School Meals* then *Free and Reduced-Price Meal Program*. Call (858) 627-7328 for more information.

How to Prepay for School Meals

Breakfast - $ 1.00 - Lunch - $2.00

PREPAY BY CREDIT CARD

Prepay for meals by MasterCard, VISA or Discover Card using the PayPAMS meal payment system. Call 1 888 994-5100 (automated phone system) or visit our website at www.sandi.net select *school meals* and select the link *pre-payment for meals*, or www.paypams.com To set up an account you will need your child's student ID number.

PREPAY AT SCHOOL-CASH OR CHECK

Put cash or checks made payable to your child's school cafeteria account in a sealed envelope. Write your child's name, birth date and teacher's name on the envelope.

SHAPE CALIFORNIA
Shaping Health As Partners in Education

School Meals are the Right Choice

SDUSD Food Services follows SHAPE California (Shaping Health as Partners in Education) guidelines for menu planning. These healthy eating guidelines are even more strict than those of the USDA. Meals are computer analyzed and provide 1/3 of the Recommended Daily Allowances (RDA). The SHAPE program insures that less than 30% of calories come from fat and that whole-grains, fresh fruits and vegetables are included in the meal. School meals are the healthy choice for every student.

We are Hiring!

Join the Food Services Team at your neighborhood school.

> Enjoy part time work near home
> Enjoy working with school-age children

Starting Pay: $9.65 / hour

Apply in person for this opportunity at the Food Services Central Office 6735 Gifford Way (Linda Vista) Call (858) 627-7321

SanDi Coast Cafe

Winter/Spring 2011 Lunch Menu
(Middle and High Schools)

Complete Meal $2.50

		Monday	Tuesday	Wednesday	Thursday	Friday
SanDi Fresh Bistro	Week 1	Chicken Caesar Salad	Cured Turkey & Cheese Baked Potato Bowl	Beef Tamale	Turkey Deli Sub	Chili Mole Rice Bowl
	Week 2	Chicken Caesar Salad	Turkey & Mashed Potato Bowl	All American Sub	Broccoli & Cheese Baked Potato Bowl	Chicken Ranch Wrap
Wok n' Bowl	Week 1	Mandarin Chicken Rice Bowl	Ramen Soup	Teriyaki Chicken w/Asian Vegetables & Rice	Teriyaki Beef Dippers w/Fried Rice	Szechuan Chicken Rice Bowl
	Week 2	Mandarin Chicken Rice Bowl	Ramen Soup	Kung Pao Chicken w/Rice	Teriyaki Beef & Asian Noodle Bowl	Szechuan Chicken Rice Bowl
Riga Tony's	Week 1	Uno's Cheese Pizza	Italian Meatball Pasta Bowl	Turkey Pepperoni Pizza	Rotini Marinara Bowl	Pepp Hot Pocket (Meatless)
	Week 2	Uno's Cheese Pizza	Rustic Chicken Pasta Bowl	Mozzarella Cheese Breadsticks w/Marinara Sauce	Turkey Pepperoni Hot Pocket	Rotini Marinara Bowl
Surf Side Classics	Week 1 & 2	Chicken Patty Sandwich All American Cheeseburger Spicy Black Bean Burger	Chicken Patty Sandwich All American Cheeseburger Spicy Black Bean Burger	Chicken Patty Sandwich All American Cheeseburger Spicy Black Bean Burger	Chicken Patty Sandwich All American Cheeseburger Spicy Black Bean Burger	Chicken Patty Sandwich All American Cheeseburger Spicy Black Bean Burger
Baja Beach	Week 1	Rattlesnake Chicken Pasta Bowl	Arizona Gold Bean & Cheese Burrito	Chili Cheese Quesadilla	Taco Salad	Baja Fish Tacos
	Week 2	Fiesta Baked Potato Bowl	Arizona Gold Bean & Cheese Burrito	Chicken Fajita Bowl	Chicken Diego Wrap	Pork Carnitas Burrito
Hi-Tide Grill	Week 1	Grilled Cheeseburger Spicy Black Bean Burger	Grilled Cheeseburger Spicy Black Bean Burger	Grilled Cheeseburger Spicy Black Bean Burger	Grilled Cheeseburger Spicy Black Bean Burger	Grilled Cheeseburger Spicy Black Bean Burger
	Week 2	Grilled Cheeseburger Spicy Black Bean Burger	Grilled Cheeseburger Spicy Black Bean Burger	Grilled Cheeseburger Spicy Black Bean Burger	Grilled Cheeseburger Spicy Black Bean Burger	Grilled Cheeseburger Spicy Black Bean Burger

Choice of side dishes and milk offered daily.
Monday menus are served on Tuesdays following Monday holidays

Week 1: 2/21, 3/7, 3/21, 4/4, 4/18, 5/2, 5/16, 5/30, 6/13
Week 2: 2/28, 3/14, 3/28, 4/11, 4/25, 5/9, 5/23, 6/6

ELK GROVE UNIFIED SCHOOL DISTRICT

SECONDARY MENU

BACK TO SCHOOL
AUGUST 15-November 30 2011

M E N U $3.00

OFFERED DAILY

PIZZA, FRESH ASSORTED
TACOS, SOFT OR HARD
DELI SUBS, ASSORTED
CHICKEN SANDWICH (SPICY OR CRISPY)
BEAN & CHEESE BURRITO
NACHOS

NEW SPECIALS

CHOW MEIN SALAD
WRAP,CHIPOTLE CHICKEN
SWEET N SOUR PORK WITH RICE
ASIAN VEGE WRAP

LARGE SALAD SPECIALS TO BE SERVED DAILY
Must Serve More Than 1 Variety

CHEF, TURKEY, HAM & CHEESE
CHINESE CHICKEN
SOUTHWEST SALAD
TUNA SALAD
VEGETARIAN (OFFER DAILY)

DELI SANDWICHES TO BE SERVED DAILY
Must Serve More Than 1 Variety

COMBO (HAM, TURKEY, CHEESE)
ROAST BEEF (HOT or COLD)
TURKEY PASTRAMI
TURKEY HAM & CHEESE (HOT or COLD)
TURKEY & CHEESE (HOT or COLD)

WEEKLY SPECIALS TO BE OFFERED AT 1 OR MORE POINT OF SALE AREAS ONCE A WEEK OR DAILY

BEEF

BEEF ENCHIRITO
CHEESEBURGER w/ POTATO WEDGES
CHEESEBURGER, MINI
CHILI CHEESE WEDGES/NACHOS/B. POTATO
CHIMICHANGA, BEEF
chili cheese potato
MACHO NACHOS

BUILD YOUR OWN BURRITO
PHILLY STEAK SANDWICH

PORK

PIZZA POCKETS
RIB-A-QUE
SWEET N SOUR PORK WITH RICE

CHICKEN/TURKEY

CHICKEN TENDERS (REGULAR & SPICY)
CHIMICHANGA, CHICKEN
BBQ GRILLED CHICKEN SANDWICH
CHIPOTLE CHICKEN WRAP
GRILLED CHICKEN SANDWICH
SPICY EMPANADA, TURKEY
TERIYAKI CHICKEN w/ rice
TERIYAKI CHICKEN SANDWICH
HONEY FIRE CHICKEN WITH RICE

TURKEY BURGER w/ POTATO WEDGES
WRAP,CHIPOTLE CHICKEN
WRAP, SPICY CHICKEN
WRAP, TROPICAL CHICKEN
WRAP, TURKEY w/ SPECIALTY TORTILLAS

FISH

FISH PATTY/BUN w/ POTATO WEDGES
FISH TACOS
FISH STRIPS w/ WEDGES
SANDWICH, TUNA SALAD

NON-MEAT

BEAN & RICE TACOS
CHOW MEIN SALAD
PRETZEL WITH CHEESE SAUCE
SANDWICH, GRILLED CHEESE
CHEESE & BROCCOLI POTATO
ENCHIRITO
VEGGIE BURGER w/ POTATO WEDGES
SANDWICH, EGG SALAD
SANDWICH, PBJ

** WHILE STOCKS LAST*