

CRISTO REY'S SAVORY CHICKEN IS A WINNER

ABOUT THE DISTRICT

Cristo Rey San José Jesuit High School (Cristo Rey) is located in California's Bay Area in Santa Clara County. Cristo Rey serves 449 students, of which 70 percent were eligible for free and reduced-priced school meals during the 2022 –2023 school year.

ACTIVITIES

- Sourced local chicken for a new standardized school lunch recipe
- Conducted recipe taste-testing at a community event and in partnership with the Filipino Student Association
- Partnered with the Cooking and Character Club for further testing with the senior class
- Provided staff development through participation in the California Department of Education's Recipe Standardization Workshop series

LOCAL INGREDIENT

Working through their existing procurement partnerships, Cristo Rey sourced local poultry for this recipe, and there were plenty of local options from which to choose. Santa Clara County is located less than one hundred miles from Sonoma County which is home to Petaluma, a small California town with long-standing notoriety for eggs and poultry; additionally, to the east are Modesto and Merced, two towns that also provide access to local poultry.

RECIPE DEVELOPMENT

The Filipino Student Association was established by Cristo Rey students in 2020 to support and celebrate Filipino culture on campus. The Chicken Adobo recipe was suggested by the moderator of the Filipino Student Association and was based on a family recipe. The students loved the sweet and spicy taste of Chicken Adobo at home and hoped to enjoy it at school as well.



(Top) Savory Chicken and Rice plated for taste-testing. (Bottom) Savory Chicken ready for the oven



Cristo Rey organized a taste-testing activity at a community event in the Fall of 2021. At the event, students and school administrators were blindfolded while they tasted the recipe and attempted to identify all of the ingredients. Cristo Rey's Cafeteria Manager, coordinated an additional taste-testing activity at a lunchtime event celebrating the senior class. The Cooking and Character Club served the students samples of the Savory Chicken recipe and conducted a feedback survey. Based on student feedback gathered at that event, the recipe was revised. A second taste-testing with students was then conducted and the recipe received a 89 percent approval rating. The next day, the Cooking with Character Club served tastes of the Savory Chicken at lunch and conducted another survey, also with great results. Over the course of these testing events, Cristo Rey offered the recipe made with chicken thighs and drumsticks and both were well received. The recipe became a schoolwide hit and was renamed Savory Chicken Rice Bowl! Following these successes, Cristo Rey standardized the recipe in collaboration with their nutrition provider.

NUTRITION EDUCATION

Cristo Rey engaged students in nutrition education during the taste-testing events, teaching them about the Filipino heritage and its cultural foods. The Filipino Student Association and the Cooking with Character Club held a joint event for Asian American and Pacific Hawaiian Heritage Month where Cristo Rey's Cafeteria Manager taught students to make the recipe while club members discussed the importance of the recipe to the Filipino Community. Cristo Rey also provided educational materials from the California Department of Public Health's Harvest of the Month resources.



Students enjoying a taste-testing event

Cristo Rey San José Jesuit High School

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www.cristoreysanjose.org

Recipe: Savory Chicken and Rice



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