

# UPLAND'S ORCHARDS SUPPLY VEGAN BREAKFAST

## ABOUT THE DISTRICT

Upland Unified School District (USD) is located in Southern California in San Bernardino County. The district has 14 transitional kindergarten-through-twelfth-grade schools serving 10,208 students, of which 39 percent were eligible for free or reduced-price school meals during the 2022–2023 school year. The rich history of citrus growers in the county and their district orchard inspired the selection of local lemons to use in their recipe.

## ACTIVITIES

- Sourced lemons from their own orchard for use in a new standardized school breakfast recipe
- Conducted a kitchen readiness assessment
- Taste-tested the recipe multiple times with students to create Upland USD's first scratch-cooked, plant-based recipe
- Provided professional development activities including trainings and participation in the California Department of Education's Standardized Recipe Workshop series

## LOCAL INGREDIENT

Upland USD's nutrition services team began the recipe development process by selecting ingredients that celebrated the city of Upland's citrus origins. In fact, the name Upland was first used in association with the Upland Citrus Association around the turn of the 20th century. In addition, while Upland USD had a garden in every school, the most established garden was actually a beautiful orchard and was located at Baldy View Elementary. This is where Upland USD harvested their lemons for their vegan breakfast bar recipe.

***“Keep it simple;  
keep it local.”***

Ksenia Glenn, Nutrition Services Director



*Lemons growing in Baldy View Elementary School's orchard (Top)  
(Left) Vegan Lemon Blueberry Breakfast Bar ready for taste-testing*

## RECIPE DEVELOPMENT

In preparation for the recipe development process, Upland USD conducted a kitchen readiness assessment to ensure they had the equipment and materials necessary. Based on their assessment, Upland USD dedicated a section of their kitchen as a test kitchen and stocked it with new knives, cutting boards, a juicer, a mixer, and measuring cups.

Upland USD faced many challenges in developing a vegan baked product. The texture and taste of the finished product were affected by the lemon juice, whole grain flour, and sugar content. Upland USD began with a dessert version of the bar which had an almost 100 percent acceptability rate from the students but exceeded the sugar limit and didn't meet the grain equivalent requirement. As a result, the recipe was adjusted and tested with students several times, ultimately achieving an 85 percent acceptability rate from 60 students at Upland High School.

In the end, the recipe development process catalyzed an improved nutrition profile of the recipe, engaged students, and, most importantly, got the team not just cooking in the kitchen, but creating too!



## NUTRITION EDUCATION

The recipe development process was complemented by nutrition education on campus and through social media. The staff dietitian provided plant-based nutrition education to students participating in the after-school garden club, nutrition education posters were displayed at the high school cafeteria, and the Upland USD team developed a video detailing the recipe development process from harvest to plate and shared it on their Instagram account.



*Staff hosting a recipe taste-tasting event for students at Upland High School*

**Upland Unified School District**

[www.upland.k12.ca.us](http://www.upland.k12.ca.us)

[@UplandUnifiedSD](https://www.instagram.com/UplandUnifiedSD)

*Recipe: Vegan Lemon  
Blueberry Breakfast Bar*



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