

Help Celebrate



National Lunch HERO Week!

CHILD NUTRITION - MAY 2023 - NEWSLETTER

DIRECTOR'S MESSAGE:

We are hard at work in the Child Nutrition Department with lots of changes happening to provide healthy, local and scratch made menu items to all students.

Starting this May, we will begin a pilot program at the Olga Reed Elementary site to improve the after-school snack/supper meals. Look for some hot entrée items, a variety of fruits and vegetables, yogurts and whole grain items containing significantly less sugar. Once this pilot has been perfected, we will be offering this program at all the other five elementary school sites. Cheers to this!

I wanted to mention in April we had our final Wellness Committee zoom meeting for this school year. The meeting was recorded, the recording and the agenda are available on our website:

<https://www.orcuttschools.net/child-nutrition/>

Onwards,

Bethany Markee,
Director of Child Nutrition

KITCHEN - NEWS

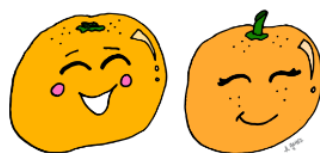
Celebrating National Hero's Week!

May 1st-5th

We think that all of our staff are "Lunch Hero's"! Each and everyone of them are here at work because they care about the students! Most of our employees started while their own children were students here in Orcutt School District. They chose to work in Child Nutrition because it offered hours while their children were in school and they shared the same holiday breaks as their children.

We also want to take the time to recognize our employees for their years of dedication:

- 40+ years: Audrey O
- 20+ years: Shannon, Sue, Tricia B, Denise, Tanja and Marianne
- 15+ years: Jean, Sabrina, Tricia I and Terri
- 10+ years: Kristen, Vivian and Rebecca
- 5+ years: Bethany, Cheri, Gina, Julissa and Cynthia
- 1+ years: Cindy, Tadd, Rachel, Amanda, MaryJane, Jenelle, Veronica, Jennifer, & Mary
- New Hires this year: Dominic, Joe, Heidi, Christine, Aster, Bessy, Vanessa, Yolanda & Connie



Cafeteria Cuties are our fav!

Salsa!

Made fresh in our Central Kitchen
for the elementary schools!!



House Made Lunchable

These lunchables are house made in our Central Kitchen for the Early Learning Preschool Center, which sits on the Orcutt Academy High Campus.

The kit includes: house made turkey rollups, edamame, dried fruit, crackers, ranch packet, mozzarella cheese stick and includes milk.



NEW GOURMET SALAD

The Santa Fe Spicy Chicken Salad!!

Started April 3.

Our Central Kitchen prepared daily for both of our Jr. Highs and for the Academy High School.

The salads include: yellow corn, navy beans, spicy chicken patty, homemade ranch dressing on a bed of romaine

Get Ready for Summer BBQ's!!

Chicken Burgers, Thai-Style



MAKES 4

- 1 pound ground chicken (preferably dark meat)
- 2 cloves garlic, very finely minced
- $\frac{3}{8}$ cup cilantro, finely chopped
- 2 shallots, very finely minced
- 1 teaspoon very finely minced red chili (or more or less, however hot you like it)
- 2 teaspoons fish sauce
- $\frac{1}{2}$ teaspoon coarse sea salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 2 tablespoons neutral oil (like canola, grape-seed, or safflower oil)

These were invented when I was trying to think up new and flavorful ways to use chicken while keeping out bad stuff. Insanely flavorful, these can be served with a side salad or on a gluten-free bun.

1. Thoroughly mix the chicken with the garlic, cilantro, shallots, red chili, fish sauce, salt, and pepper. Form the mixture into 4 burgers, each about $\frac{3}{4}$ inch thick.
2. Heat a grill or grill pan over medium heat. Rub each burger on both sides with a bit of the safflower oil and grill for about 8 minutes on the first side and another 5 minutes on the second, or until nicely marked and firm to the touch.

<https://goop.com/recipes/chicken-burgers-thai-style/>

Spicy Thai Peanut Veggie Burgers Recipe



Ingredients

- 1 (15-ounce) can no-salt-added chickpeas, rinsed, drained and patted dry
- 2 tablespoons Thai red curry paste
- 1 clove garlic
- 1/4 cup plus 2 tablespoons creamy no-sugar-added peanut butter
- 1 tablespoon honey
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground ginger
- 1 1/2 teaspoons hot sauce (such as sriracha)
- 1 1/2 teaspoons soy sauce
- 1/4 cup cilantro, chopped
- 1/2 cup shredded carrot
- 1/4 cup finely chopped red onion
- 1/4 cup roasted peanuts, finely chopped
- 1/2 red bell pepper, finely chopped
- 1 large egg
- 1/4 cup whole wheat flour
- 6 whole wheat burger buns

Lime Soy Slaw

- 2 cups chopped savoy cabbage
- Juice of 1/2 lime (1 tablespoon)
- 1 teaspoon soy sauce
- 1 teaspoon peanut oil
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon honey

Directions

1. Preheat the oven to 350°F.
2. Combine the chickpeas, red curry paste, garlic, peanut butter, honey, salt, ginger, hot sauce and soy sauce in a food processor.
3. Pulse until the mixture is mostly smooth.
4. Transfer to a large bowl and stir in the cilantro, carrot, red onion, peanuts and red bell pepper.

5. Add the egg and stir until it's fully incorporated.
6. Stir in the flour.
7. Shape the dough into six patties and place them on a parchment-lined baking sheet. The mixture will be very sticky, so you may need to wipe off your hands after you form each patty.
8. Coat the top of the patties with cooking spray.
9. Bake for 15 minutes.
10. Remove from the oven, flip, coat again with cooking spray, and bake for another 15 minutes.
11. While the patties bake, mix together all of the slaw ingredients in a large bowl.
12. Place each patty on a toasted whole wheat bun, then top with the slaw. Red pepper slices and cilantro are great additions as well.

<https://www.foodrepublic.com/recipes/spicy-thai-peanut-veggie-burgers-recipe/>

Bacon Jam Burgers



Ingredients

- 2- 3 pounds ground beef
- Bacon jam
- Cheese slices
- Brioche buns
- Salt and pepper to taste

Instructions

1. Choose the right bacon: Thick-cut bacon works best when making bacon jam.
2. Make the bacon jam ahead of time: The bacon jam can be made up to 3 days in advance. Keep it refrigerated until you're ready to use it.
3. Grill the burgers: Grill the burgers over medium-high heat for about 10 minutes per side, or until they're cooked through.
4. Toast the buns: Place buns on grill for a few minutes or until toasted.
5. Assemble the burgers: To assemble the burgers, spread some bacon jam on each bun, and top with a burger patty, cheese, more bacon jam and any other desired toppings.



Ingredients

- 1 pound thick sliced bacon, cut into 1 inch pieces
- 1 large yellow onion, diced
- 1 cup brown sugar
- 1/2 cup apple cider vinegar
- 1/4 cup maple syrup
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper (optional)

How to Make Bacon Jam

1. In a large skillet, cook bacon over medium heat until crisp. Remove the bacon from the skillet with a slotted spoon and drain on paper towels.
2. Add the onion and garlic to the skillet and cook in the bacon fat until softened, about 5 minutes.
3. Add the brown sugar, apple cider vinegar, maple syrup, salt, black pepper, and cayenne pepper to the skillet and stir to combine.
4. Add the bacon back to the skillet and cook for about 10 minutes, or until the mixture is thickened and bubbly.
5. Let cool slightly and then transfer to a jar or container. The jam will keep in the fridge for up to 2 weeks.

<https://everydayshortcuts.com/wp-json/mv-create/v1/creations/560/print>
<https://everydayshortcuts.com/bacon-jam/>

LINKS, WEBSITE & P-EBT INFORMATION



Helping California Families Get More Food

P-EBT 3.0 All benefits have been delivered for the 2021-2022 school year

P-EBT For the 2022-2023 school year the CDSS is currently working on a plan, more information to come soon.

Summer 2023 P-EBT cards have been approved by the State. In order, to be qualified students must meet ALL these requirements:

1. Enrolled for at least one day in May 2023 in a school that participates in the "National School Lunch Program" - *OUSD does participate.*
2. Attended a school that participates in the Provision 2 meal Program - *OUSD does participate.*

The following situations in which your student may not qualify for Summer P-EBT is:

1. Excited school or graduated prior to may 1,2023.
2. Transferred out of state.
3. Transferred to a school not participating in NSLP program.
4. Young children under age of 6 years old that are not enrolled in a K-12 public school.

The Summer P-EBT card is for the period from June through August 2023, and a set benefit amount of \$120.00. The CDSS will be mailing cards July 16, 2023 through August 30, 2023. The cards will be labeled as P-EBT 4.0.

For more information about P-EBT, please visit the CDSS P-EBT web page at <https://capandemic-ebt.org/>.

Households that require assistance with P-EBT cards can call the P-EBT Helpline at 877-328-9677 (Monday through Friday from 6 a.m. to 8 p.m.)



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Child Nutrition Services

For the 2022-2023 school year, our District has become a Provision 2 food provider which means students may receive daily one breakfast and one lunch free at no cost to the student. Additional meals may be purchased with their students' meal accounts and must have funds in their account.

CHILD NUTRITION WEBSITE

To find out more information about our program, Wellness Committee information or forms & documents go to <https://www.orcuttschools.net/child-nutrition/>

Forms and Documents

Forms and Documents

- [Meal Application Packet 2022-2023 \(English / Spanish \)](#)
- [My MealTime Instructions \(English / Spanish \)](#)
- [Medical Statement \(English / Spanish \)](#)
- [Field Trip Request \(English / Spanish \)](#)
- [Refund Request \(English / Spanish \)](#)
- [Comcast Low-Cost Internet \(English / Spanish \)](#)

Newsletters

- [January 2022](#)
- [February 2022](#)
- [March 2022](#)
- [April 2022](#)

Wellness Information

[Smart Snacks @ OUSD](#)

[Smart Snacks Resource](#)

[Wellness Policy](#)

Wellness Committee Annual Updates

[Wellness Committee Annual Update 2022](#)

[Wellness Committee Annual Update 2020](#)

[Wellness Committee Program Update May 5, 2021- Revised](#)

Wellness Committee Triennial Assessments

[Wellness Committee OUSD Triennial Assessment 3-2020](#)

Wellness Committee Minutes

[Wellness Committee Minutes 11-27-19](#)

[Wellness Committee Minutes 01-22-20](#)

[Wellness Committee Minutes 11-5-20](#)

[Wellness Committee Minutes 11-26-20](#)

[Wellness Committee Minutes 04-20-22](#)

Wellness Committee Videos

[Wellness Committee Meeting 04-20-22](#)

<https://www.mymealtime.com/>

Since the Child Nutrition Department has gone "cashless" at the school sites, parents will need to either make an online deposit or bring cash/check to the Child Nutrition Office behind the Technology/Enrollment building. Get the app for easy accessibility.



<https://www.mymealtime.com/apps>

Due to OUSD being a Provision 2 school and the CA Universal Meal Plan **all students can receive one breakfast and one lunch for FREE**. However, by filling out the Free and Reduced Meal application it could benefit the district by receiving more funding for special programs for students.



<https://www.myschoolmenus.com/instance/797/district/792>

All breakfast, lunch and afterschool menus are posted. Menu items are subject to change, as necessary, so please check daily. Get the app for easy accessibility.



CONTACT INFORMATION



<https://www.orcuttschools.net/child-nutrition/>

Marianne Heuchert, Office Manager

805-938-8926 or mheuchert@orcutt-schools.net

Cynthia Melendez, Office Clerk

805-938-8924 or cmelendez@orcutt-schools.net

Bethany Markee, Director

805-938-8925 or bmarkee@orcutt-schools.net

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.