

WCCUSD & CONSCIOUS KITCHEN

2021/22 SCHOOL YEAR

Certified organic for the students of WCCUSD

WEEK 1: AUGUST 16-20

Welcome back to school! Conscious Kitchen and West Contra Costa Unified School District are excited to be working together to bring you organic meals throughout the 2021/22 school year.

ORGANIC MEALS & SNACKS ON THE MENU:

TUESDAY, 8/17

Lunch: Pasta Bolognese

WEDNESDAY, 8/18

Supper: Yogurt Parfait

THURSDAY, 8/19

Lunch: Beef Burrito

FRIDAY, 8/20

Lunch: Hot Dogs

SNACKS: RW Garcia Corn Chips, Edison Grainery Sunflower Seeds, Organic Valley String Cheese, Annie's Bunny Crackers



WITH SUPPORT FROM OUR TEAM OF ORGANIC FARMERS AND SUPPLIERS:

Pasta ... Sfoglini

Beef ... Mindful Meats

Tomato sauce ... DiNapoli

Cheese ... Marin Cheese

Rice ... Lundberg Family Farms

Hot dogs ... Applegate

Hot dog buns ... Rudi's Bakery

Yogurt ... Straus Family Creamery & Stonyfield

Granola ... Nature's Path

Apples... Nana Mae

Stonefruit ... Frog Hollow Farm

THIS WEEK'S RECIPE: YOGURT PARFAIT!

Try your hand at making one of our recipes each week. This week we are featuring our delicious, seasonal Yogurt Parfait!

Ingredients

1/2 cup Straus Whole Milk Vanilla Yogurt

1/3 cup Nature's Path Love Crunch Granola

1/2 cup seasonal fruit of your choice

Procedure

Layer ingredients together. Enjoy!



WHY IS ORGANIC SO IMPORTANT TO THE CONSCIOUS KITCHEN & WCCUSD?



FOR A HEALTHIER YOU

No pesticide residues

Increased farmworker welfare

No antibiotics or synthetic growth hormones

Higher in antioxidants

Higher in nutrients



FOR A HEALTHIER PLANET

Fewer greenhouse gas emissions

Promotes clean waterways and soil

Supports pollinators

Better animal welfare



STAFF HIGHLIGHT: BARBARA JELLISON FOOD SERVICE DIRECTOR

"We want to give the students the healthiest food we can and knew shifting to organic was the way to do that"

Read more about Barbara and her incredible work [here!](#)



Barbara has been the Food Service Director at West Contra Costa Unified for the past 20-years. She is always working to supply students with the best meals possible! Last November, Barbara partnered with Conscious Kitchen to build an organic supply chain over the summer which is now transitioning back to school.

SUPPLIER SPOTLIGHT: WITH OWNER AL COURCHESNE



Visit Frog Hollow Farm with Farmer Al [here](#) and [here](#), and read more about him [here!](#)

Based in Brentwood, CA, Frog Hollow Farms grows some of the most amazing stone fruit varieties in the Bay Area on its 280-acre farm. The farm uses things like seaweed, fish, limestone, and compost to enrich farm soil, and the orchard embraces weeds growing in the orchard as they are used as ground cover.

"We want to bring high quality, fresh, organic produce to people everywhere with the least impact on our land, people and community"