

WCCUSD & CONSCIOUS KITCHEN

2021/22 SCHOOL YEAR

Certified organic for the students of WCCUSD

WEEK 4: SEPTEMBER 13-17

ORGANIC MEALS & SNACKS THIS WEEK:

MONDAY, 9/13

Supper: Yogurt

TUESDAY, 9/14

Lunch: Mac and Cheese

WEDNESDAY, 9/15

Lunch: Bagel

THURSDAY, 9/16

Lunch: BBQ Chicken

SNACKS: Yogurt ... Stonyfield
Corn Chips ... RW Garcia
Bunny Crackers ... Annie's
Sunflower Seeds ... Edison Grainery



WITH SUPPORT FROM OUR TEAM OF ORGANIC
FARMERS AND SUPPLIERS:

Apples ... Nana Maes

Plums ... Pacific Rim

Oranges, Peaches, & Bananas ... Coast Tropical

Yogurt ... Stonyfield

Pasta ... Sfoglini

Cheese ... Marin Cheese

Bagel ... Alvarado Street Bakery

Chicken ... Mary's Chicken

THIS WEEK'S RECIPE: BBQ CHICKEN!

Ingredients

1 cup diced onion	3/4 cup ketchup
1/2 tsp paprika	2 tsp worcestershire sauce
1/4 tsp chili powder	1 tbsp water
1/4 tsp garlic powder	Salt & pepper to taste
2 tbsp brown sugar	8 chicken drumsticks

Procedure

BBQ Sauce: Combine onions, paprika, chili powder, ketchup, garlic powder, brown sugar, Worcestershire sauce, ground black pepper, and water in pot. Simmer uncovered for 15-20 minutes, stirring occasionally. Pulse with immersion blender until smooth, season with salt to taste, then continue simmering to reduce to desired consistency.

Chicken: Season chicken with salt and pepper and coat in oil. Roast chicken until the internal temperature reaches 170F. Toss drumsticks in sauce, cook in oven for an additional 3 minutes at 400F. Brush more BBQ sauce on drumsticks and cook for another 3 minutes. Repeat step 3 or 4 times until drumsticks are well coated.



APPLE FUN FACTS

25% of an apple's volume is air, which is why they float when you bob for apples!

More than 2,500 varieties of apples are grown in the United States, and they come in all shades of red, green and yellow.

Great source of fiber and vitamin C.

Organic apples have an abundance of "good" bacteria, such as a number of probiotics that help alleviate allergies.



SUPPLIER SPOTLIGHT: SFOGLINI PASTA

Our featured pasta, Sfoglini (pronounced SFO-LEE-NEE) was founded in Brooklyn, NY in 2012 by husband and wife team Steve Gonzalez and Kate Galassi and partner Scott Ketchum. They combine the best Italian pasta techniques with organic ingredients grown in Northern America. They even mill their own flour in the Hudson Valley! In talking to Kate, she shared that "organic is important to them not only for the health of their consumers, but for the health and safety of agricultural farmers and the planet as well." They love their local and small farmers, and don't want them exposed to any synthetic pesticides. Working with local farmers allows Sfoglini to produce various seasonal pastas each year, offering many fun shapes which is always something to look forward to!

Partnering with WCCUSD allowed them to fulfill a big picture mission of theirs, and getting to feed so many students has been a huge highlight for Sfoglini as a company. "While navigating unpredictable times over the last 18 months, the partnership with WCCUSD has been wonderful.



PHOTO CREDIT: [CONSCIOUS KITCHEN](#), [THE RECIPE CRITIC](#)