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## **District Slide Show**







Farmers to a Family Box

## Welcome to **WCCUSD Food Services**



## Binvenidos al Departamento de Alimentos de WCCUSD



New! Free Mobile Menu App



The WCCUSD Food Services Department is made up of a team of food and nutrition professionals that are dedicated to students' health, well being and their ability to learn. We support learning by promoting healthy habits for lifelong nutrition and fitness practices.

El Departamento de Alimentos del Distrito Unificado de West Contra Costa está formado por un equipo de profesionales de la alimentación y la nutrición que se dedican a la salud, el bienestar y la capacidad de aprendizaje de los estudiantes. Apoyamos el aprendizaje mediante la promoción de hábitos saludables para la nutrición y las practicas físicas de por vida

**School Lunches - A Smart and Easy Choice** 



**Central Kitchen Production** 



**Trunk or Treat Event** 





Google translate



January 21st Meal box Caja de Alimentos para Enero 21

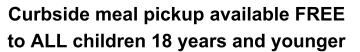




## <u>January 14th Meal Box</u> <u>Cajas de alimentos para el 14 de</u> Enero







Serving Breakfast, Lunch, Snacks and Supper!

Todos los alimentos para llevar en los lugares de distribucion ya estan ofreciendo Desayuno, Almuerzo, Bocadillos y Cena!

Meals are available for pickup
Only on Thursdays
between 8am to 1pm
Los alimentos estan disponibles para llevar
Solamente los Jueves
Entre 8am a 1pm

The U.S. Department of Agriculture (USDA) has granted school districts across the country flexibility in the school meals program to serve meals at no charge to all children 18 years and younger, regardless of income level or the school they attend.

This will allow ALL children 18 years and younger to receive meals at no charge on Tuesdays and Thursdays. Meals can be picked up at 15 school locations in the District.

We ask that ALL WCCUSD students and families to complete the Multipurpose Family Income Form by the end of October. The completion of the form impacts funding for programs beyond school meals.

El Departamento de Agricultura de los Estados Unidos (USDA) ha otorgardo a los distritos escolares de todo el pais la flexibilidad en los programas de alimentos escolares a ofrecer alimentos sin ningun costo para todos los niños de 18 años de edad y menores, no importando el nivel de ingresos a la escuela que asistan.

Surveys

Esto permitira que TODOS los niños de 18 años de edad y menores puedan recibir a sin ningun costo los Martes y Jueves. Los Alimentos pueden ser adquiridos en 15 loc escolares dentro del distrito.



Queremos que TODOS los estudiantes y familias de WCCUSD completen el Formulario de Ingresos Familiares para Fines Multiples a finales de Octubre. El completar este formulario impactara los fondos para los programas mas alla de los alimentos escolares.

#### Families can apply online for eligibility at:

Las familias pueden aplicar en linea para ser elegibles al:

## https://www.myschoolapps.com/Home/DistrictRedirect/WEST\_CONTRA? langid=1

(ENGLISH)

### https://www.myschoolapps.com/Home/DistrictRedirect/WEST\_CONTRA? langid=2

(ESPANOL)

View Google Map of Meal Sites Serving Locations

#### WCCUSD FOOD SERVICES DEPARTMENT / STUDENT MEAL **DISTRIBUTION 2020-2021**

DEPARTAMENTO DE ALIMENTOS DE WCCUSD / DISTRIBUCION DE ALIMENTOS **ESTUDIANTILES 2020-2021** 

Breakfast - Lunch - Snack & Supper available to all children 18 years of age and younger

Desayuno - Almuerzo - Bocadillos y Cena disponible para todos los niños de 18 años de edad y menores

(Everything is subject to change depending on the needs of the Food Service program). Please call 510-307-4580 with any questions.

(Todo esta sujeto a cambios segun las necesidades del Programa de Servicios de Alimentos). Por favor llamenos al 510-307-4580 para cualquier pregunta

Schools	Address	Meals	Exact Location
Bayview Elementary	3001 16th St. San Pablo CA 94806	Breakfast-Lunch- Snack-Supper	
DeAnza High	5000 Valley View Rd, Richmond, CA 94803	Breakfast-Lunch- Snack-Supper	

Surveys

District Home

		1	
<u>DeJean Middle</u>	3400 Macdonald Ave, Richmond, CA 94805	Breakfast-Lunch- Snack-Supper	Google translate
Helms Middle	2500 Road 20,San Pablo, CA 94806	Breakfast-Lunch- Snack-Supper	
Kennedy High	4300 Cutting Blvd,Richmond, CA 94804	Breakfast-Lunch- Snack-Supper	
Montalvin Elementary	300 Christine Dr,San Pablo, CA 94806	Breakfast-Lunch- Snack-Supper	We moved to the front of the School
Nystrom Elementary	230 Harbour Way S,Richmond, CA 94804	Breakfast-Lunch- Snack-Supper	
Pinole Valley High	2900 Pinole Valley Rd,Pinole, CA 94564	Breakfast-Lunch- Snack-Supper	
Richmond High	1250 23rd St.Richmond, CA 94804	Breakfast-Lunch- Snack-Supper	
Riverside Elementary	1300 Amador St, San Pablo, CA 94806	Breakfast-Lunch- Snack-Supper	
El Cerrito High	540 Ashbury Ave El Cerrito, CA 94530	Breakfast-Lunch- Snack-Supper	
Hercules Middle	1900 Refugio Valley Rd, Hercules CA 94547	Breakfast-Lunch- Snack-Supper	
Pinole Middle	<u>1575 Mann Dr, Pinole CA 94564</u>	Breakfast-Lunch- Snack-Supper	
<u>Verde Elementary</u>	2000 Giaramita St <sub>.</sub> Richmond Ca 94801	Breakfast-Lunch- Snack-Supper	

Breakfast-Lunch-Snack-Supper



# Five Fresh Produce Items You Really Should Wash Before Eating

From mushrooms to windowsill herbs, these vegetables

- and one fruit - require a gentle

scrub before cooking (or eating them raw).

By Lynn Adriani



FRUITS & VEGETABLES

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+ SPECIAL RECIPES

FRUTAS Y VEGETALES

DISPONIBLE CADA SEMANA

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+ RECETAS ESPECIALES

**CAULIFLOWER / COLIFLOR** 



Google translate



## Fun Facts:

Cauliflower can come in different colors! (White, purple, and orange-greenish)

Cauliflower belongs to the same family as broccoli and brussel sprouts

- Cauliflower is rich in vitamins and minerals (Vitamin A, C, K)
- Cauliflower is rich in fiber to keep our digestive system happy
- It is full of antioxidants to prevent inflammation and protect our bodies against damage

## **More about Cauliflower**

Cauliflower can be eaten <u>raw</u>, roasted, steamed, boiled, sautéed. Can be bitter when eaten raw, but after cooking the taste will change!

Cauliflower's peak season is fall, but available all year long!

**Choose** cauliflower that is free from <u>spots</u> or <u>blemishes, firm</u> with florets firmly packed, nicely <u>colored</u>. Green leaves means recently harvested

**Store** unwashed cauliflower in an open plastic bag in the refrigerator, not the counter

**Wash** carefully before eating! Rinse under cold running water



## WATERMELON / SANDIA

Surveys





#### Fun Facts about Watermelon

- Watermelon is 92% water a good source of hydration after exercise!
- Although we think of watermelon as a summer fruit, it is available all year long
- 70% of watermelon is grown in the USI California is one of the states that grows watermelon
- 2 cups of watermelon is only 80 calories and 21g of carbohydrates!
   Watermelon seeds and rinds = edible!
- Watermelon is a great source of vitamin C, A, B6, potassium, antioxidants and amino acids
- Watermelon contains high levels of lycopene, more than any other fruit and veggiel Lycopene is a great antioxidant
- Some studies show that lycopene is beneficial for heart health, prevention of cancers and healthy skin



## Tips to Consider

- Look for watermelon that is symmetrical, free from bruises, cuts and dents
- Should look heavy for its size (92% water!)
- Look for a <u>creamy, yellow spot</u> where it sat on the ground and **ripened** in the sun (ready to cut and eat)
- Some people say a "hollow" sound when tapping watermelon means it is ripe and ready to eat
- Watermelons, if not too mature, can be ripened for a few days at room temperature
- Always wash outside of watermelon before cutting
- How to cut a watermelon without the rind: 1. start by cutting off the ends to provide a base. 2. Angle the knife to cut off the rinds around the whole watermelon 3. cut into disks and 4. cut the disks into cubes. For visual purposes, visit: (https://www.watermelon.org/audie nces/foodservice/cutting-yield/)
- Watermelon is great for snacking, but can be added to dishes, smoothies, salsas and many more!

## Pumpkin / Calabaza

Surveys





#### When are Pumpkins in Season?

Pumpkins are in season in the **fall** and winter - pumpkins are a type of winter squash!

## Pumpkin Nutrition Facts Pumpkins have plenty of **fiber**,

Vitamin A, Vitamin C, potassium, and antioxidants. 1 cup of pumpkin provides >100% of the daily need for Vitamin A!

## Pumpkins aren't just to decorate, we can also eat them!:)

Pumpkins are full of vitamins and minerals beneficial for our body.

Check out these **pumpkin recipes**: https://fruitsandveggies.org/fruits-andveggies/pumpkin/?view=recipes and https://foodhero.org/recipes/categories/134

### Tips to Consider

Choose a pumpkin that is **firm** and **heavy for its size** 

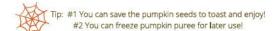
Store in a **cool**, **dry**, **dark** place - can be kept for a long time! (30-90 days)

If you cut and package **raw pumpkin**, can be stored in refrigerator for 2-5 days.

Always wash pumpkin before cutting to remove any soil/bacteria

#### Did You Know ..

Pumpkins are actually considered a **fruit?** - mind blowing, right?



Persimmons / Persimones (Caqui)

Surveys





## fun facts about Persimmons

- Persimmons were introduced to the US from China in the 1800s
- There are two common type of persimmons: Fuyu and Hachiya
- Fuyu persimmons are similar to an apple! They are the perfect autumn fruit
- Persimmon's are in season from September to December
- They are a unique, sweet, and nutritious snack to offer children
- Great source of Vitamin A Vitamin C Potassium Fiber
- Phytochemicals and antioxidants (betacarotene)

 ultimately, persimmons have many health benefits and may decrease risk of heart disease, maintain healthy eye vision, improve immune system, and decrease risk of some cancers

#### Tips to Consider

Persimmons are **ripe** when: deep orange, have smooth glossy exterior with green leaves

If persimmons are not ripe yet (yellow patches), ripen at **room temperature** until soft about 3-5 days

Can be eaten fresh, dried, or cooked. When eaten fresh, they are usually eaten whole like an apple in bite-size slices, and may be peeled (recommended for children) Persimmons are versatile. Offer as a snack unpeeled and sliced, can cut and freeze to add to smoothies, can bake thin slices in oven to have as a sweet, chewy snack/dessert

Check out this video on how to eat and cut a persimmon:

https://www.youtube.com/watch? v=qF3538pWrUk



YELLOW SQUASH / CALABAZA AMARILLA

Surveys



## Yellow Squash



#### Fun Facts!

- vegetable, due to its flowers and seeds and cucumbers!
- shelf life, compared to winter squash of carbohydrates and 2 grams of fiber
- Generally in season <u>June through</u> October
- Great source of fiber
- Squash is considered a fruit and not a Squash is in the same family as melons

  - Summer squash is low in calories! 1 "Summer squash" generally has a short medium squash is about **30 calories**, <u>7g</u>
  - (pumpkins, butternut squash) Excellent source of **potassium**, **vitamin** C, folate, and manganese
    - Rich in Carotenoids plant elements that give vegetables their color, flavor and may provide health benefits

## Yellow Squash Tips to Consider

- Choose squash small to medium size that appears tender and firm. Avoid large squash
- · Due to its delicacy, handle gently after receiving/purchasing
- · Look for glossy, brightly colored squash
- Yellow squash can be stored at room temperature on the counter
- Squash stored in the refrigerator at about 41 degrees should have a shelflife of ~ 4 days. If temperature is below <41 degrees, squash may get damaged due to the cold (pitting, discoloration,
- · Optimal temperatures to store squash is 41-50 degrees.
- . Always wash fruits & vegetables before cutting and eating.
- Can eat fresh, sautéed, baked, steamed, grilled, air fried - add to tacos, soups, baked in bread recipes, top on pizzas!



STRAWBERRIES / FRESAS

### Fun Facts about Strawberries

- There are over 200 seeds on each strawberry!
- Strawberries are the only fruits with seeds on the outside
- Strawberries are a spring, summer, and fall crop
- <u>California</u> produces most strawberries eaten in the U.S.
- Naturally sweet and low in calories! (-50 calories per cup)
- Research shows strawberries may improve heart health, lower risk of some cancers, and lower blood pressure
- Strawberries are high in vitamin C for a healthy immune system - 1/2 cup provides >80% of what we need in a day!
- High in potassium helps regulate fluid balance, muscle contractions and nerve signals
- Good source of fiber to keep our digestive system happy

## Tips to Consider

- Select strawberries that look fresh, shiny, firm and bright red. Leaves should be fresh, green and intact.
- Do not wash strawberries until they are ready to eat --> Washing adds moisture and will cause berries to spoil rapidly
- Keep in refrigerator (can last up to 5-7 days)
- You can freeze ripe berries in a bag for later use (always wash before freezing)
- Wash right before eating

- Check out these 10 ways to enjoy strawberries: https://fruitsandveggies.org/sto
- https://fruitsandveggies.org/storie s/top-10-ways-to-enjoystrawberries/
- Strawberries are very versatile: can enjoy as a snack, add to salads, oatmeal, smoothies, make salsas, yogurt options are endless!:)

## Apply Online Now Multipurpose Family Income Form 2020-2021

Aplique en linea Ahora

## Formulario de Ingresos Familiares para Fines Multiples 2020-2021

By submitting the Multipurpose Family Income Form, you are helping to support our efforts to provide better school meals to our students. Federal, local, and private grant funding is based on the number of eligible applications we collect. Even if your child does not eat school meals, submitting the form helps provide classroom funding at your school.

Al enviar el Formulario de Ingresos Familiares para Fines Multiples, usted esta ayudando en apoyar nuestro esfuerzo para proveer mejores alimentos escolares para nuestros estudiantes. Los fondos federales, locales y privados se basa en los numeros de aplicaciones elegibles que reciben. Aun si su hijo no come los alimentos de la escuela, tan solo enviando el formulario ayudara a proveer fondos para su aula de la escuela.





## **English**

## **Espanol**

Learning and good nutrition go hand in hand!

Food Services is committed to providing healthy school meals and snacks to the students of West Contra Costa Unified in order to support student academic success and promote healthful eating habits that lead to lifelong positive nutrition practices. We provide more than 30,000 meals and snacks per day to students and staff throughout the district and employ more than 240 team members.

School meals are served to students under the National School Lunch and Breakfast Programs. Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the <u>USDA</u> Dietary Guidelines. We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students. Meals and snacks are also served through the United States Department of Agriculture's Seamless Summer Option and the Child and Adult Care Feeding Program. Following the nutrition guidelines prescribed by the Healthy, Hunger-Free Kids Act of 2010, we serve whole-grain rich products; low fat and fat free milk; 100% fruit and/or vegetable juices; and a variety of fresh, seasonal fruits and vegetables.

Please take our
Surveys

We would LOVE to hear your feedback about our meal program.

We have made NEW changes.

Please take a moment to complete our survey.

We comply with local, state, and federal health and safety regulations. To review the most recent health inspection reports, contact West Contra Costa Unified School District - Food Services Department at 510-307-4580.





Notice: The California Revenue and Taxation Code (RTC) Section 19853(b) requires local educational agencies (LEA) that operate the National School Lunch Program (NSLP) to annually notify households about the Earned Income Tax Credit (EITC) Information Act.

Earned Income Tax Credit Information Act Communication

Sample content

Sample content

#### **Nondiscrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the <u>USDA Program Discrimination Complaint Form</u>, (AD-3027) found online at: <u>How to File a Complaint</u>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;

2. fax: (202) 690-7442; or

3. email: intake@usda.gov.

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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 <a href="https://www.ascrusda.gov/sites/default/files/USDA-OASCR#%20P-ComplaintForm-0508-002-508-11-28-17-as2Mail.pdf">https://www.ascrusda.gov/sites/default/files/USDA-OASCR#%20P-ComplaintForm-0508-002-508-11-28-17-as2Mail.pdf</a>, from any USDA office, by calling [886] 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, addresse, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Givl Rights (ASCR) about the nature and date of an alleged divil rights violation. The completed AD-3027 form or letter must be submitted to USDA by.

Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442;

program.intake@usda.gov.

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principica de promincion apricar a tocos se programas». La información del programa pude estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de sudio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TAPIGET Center del USDA at (2021 272-2800 (voz y TTY) o comunicarse con el USDA at través del Servicio Federal de Transmissión de Información al (2001) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en linea, en hittps://www.ascruseda.go/s/steed/defaul/filtes/USDA-0AS-97860PC-Complaint-Form-0058-00002-00-811-22-17Fass/Mail.pdf, en cualquier oficina del USDA, lamando al (868) 282-9992, o escribendo una contra drigida al USDA, La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta soción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) por sue signa en inglés) acorte la naturaleza y la focha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; o'

fax: (833) 250-1005 o' (202) 090-7442; correo electrónico: program.intaks@usda.gov. Esta institución ofrece igualdad de oportunidades.

led Paster/ Seriaed September 2019

Afthe complementario al Fermelado AS 475A / Restando Septiembre 2019



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