The background features a stylized landscape with rolling hills in shades of orange, yellow, and green, and white, fluffy clouds against a light blue and tan sky. The design is split vertically into two panels.

Anneliese Schools
MONTHLY
MENUS 2015-2016



SEPTEMBER 2015

M E N U

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>Potato Gratin, Roasted Veggies Bean Salad Seasonal Fruit</p>	<p>1</p> <p>Homemade pizza, caesar salad, seasonal fruit</p>	<p>2</p> <p>Tostadas with black beans, local avocado, salsa, seasonal fruit</p>	<p>3</p> <p>SCHOOL CLOSED</p> <p>Manzanita Campus & Willowbrook Grade School Closed: 8/31 through 9/4 Aliso K2: Closed 8/31 through 9/4</p>	<p>4</p> <p>SCHOOL CLOSED</p>
<p>7</p> <p>SCHOOL CLOSED</p>	<p>8</p> <p>Homemade pizza, mixed green salad, seasonal fruit</p>	<p>9</p> <p>Lentil soup, butter lettuce salad with lemon dressing, brioche rolls with butter, seasonal fruit</p>	<p>10</p> <p>Veggie tacos, Spanish rice, cabbage salad, seasonal fruit</p>	<p>11</p> <p>Nachos, mixed green salad with fresh local peppers, seasonal fruit</p>
<p>14</p> <p>Mac n' Cheese, romaine salad with apple cider vinegar dressing, seasonal fruit</p>	<p>15</p> <p>Try It Tuesday! Chicken parmesan, quinoa salad with fresh local tomatoes and peppers, seasonal fruit</p>	<p>16</p> <p>Farmer's Market chowder with fresh local corn, grilled cheese sandwiches, butter lettuce salad, seasonal fruit</p>	<p>17</p> <p>Pinto bean and cheese/potato burritos, mixed cabbage salad, salsa, seasonal fruit</p>	<p>18</p> <p>French baguette bar with choice of: cheese, turkey, or tuna, romaine salad with fresh local tomatoes, seasonal fruit</p>
<p>21</p> <p>Orecchiette pasta with local zucchini and herbs, butter lettuce salad with local cucumbers and yogurt dressing, seasonal fruit</p>	<p>22</p> <p>Shepherd's pie (meat and veggie), mixed green salad with lemon basil dressing, seasonal fruit</p>	<p>23</p> <p>Tuscan white bean soup with kale and quinoa, hummus sandwiches, caesar salad, seasonal fruit</p>	<p>24</p> <p>Veggie/cheese quesadillas, mixed green salad with fresh local peppers, seasonal fruit</p>	<p>25</p> <p>Thai veggie curry, coconut rice, local cucumbers and yogurt, seasonal fruit</p>
<p>28</p> <p>Spinach lasagna, whole wheat garlic bread, caesar salad, seasonal fruit</p>	<p>29</p> <p>Try It Tuesday! Chicken parmesan, quinoa salad with fresh local tomatoes and peppers, seasonal fruit</p>	<p>30</p> <p>Vegetarian chili, cornbread with honey butter, mixed green salad, seasonal fruit</p>		

Throughout September, we will be featuring fresh, organic produce from the beautiful Sage Mountain Farm. Owners Phil and Juany Noble began growing high-quality crops on their property in Hemet a few years back and now cultivate land all over the Inland Empire. The Noble family upholds truly sustainable farming practices; for example, they care for the soil by using crop rotations and green manure, and they maintain healthy crops by applying non-toxic pesticides such as compost tea. We are proud to share the local, seasonal, and nutrient-rich vegetables from Sage Mountain Farm with our students, teachers, and staff this month!

<http://www.sagemountainfarm.com>



RECIPE SPOTLIGHT

SEPTEMBER 2015

Quinoa Salad

Created by Lucie Martlin, Anneliese Parent and Nutritional Therapist Practitioner

Serving Size: 45-50, 1/3 cup servings

Ingredients:

- 5 cups dry quinoa
- 7 cups filtered water
- 3 cups black beans, cooked and drained
- 2 cups organic tomatoes, diced
- 1 cup organic red pepper, diced
- 1 cup organic cucumber, diced
- 1 cup corn kernels, cooked and cooled (or thaw frozen)
- 2/3 cup red onion, diced
- 1/2 cup extra virgin olive oil
- 1/2-2/3 cup balsamic vinegar (depending on taste preference and strength of vinegar)
- 1/4 cup raw honey
- 2 Tablespoons sea salt (can add an additional 1/2 Tablespoon depending on taste)
- 1 teaspoon black pepper
- 1/2 cup fresh parsley (optional)

Directions:

- Bring the water to a boil in a large saucepan.
- Add dry quinoa, allow to boil and then turn down to low and cover for 12 minutes.
- Remove from heat and allow to cool for 15 minutes covered. The quinoa will cool to room temperature within an hour or can be refrigerated (after sitting for 15 minutes covered) to accelerate the cooling.
- Mix the olive oil, vinegar, salt, pepper and honey dressing in a small bowl and all other ingredients in a large mixing bowl.
- Add the dressing and serve with fresh parsley.

*To serve 100, cook two batches of quinoa and double all other ingredients.

Nutritional Information:

Quinoa is known as a supergrain because of the countless nutrients it provides to the body. This grain is a complete vegetable-based protein with high levels of iron and manganese, both of which are good for our red blood cells. Quinoa is also rich in lysine, a key component to healthy tissue growth.

OCTOBER

2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Tomato soup with orzo, mixed bean salad, seasonal fruit ¹	Homemade pizza, fall salad, seasonal fruit ²
Minestrone soup, brioche rolls with butter, mixed green salad, seasonal fruit ⁵	Try It Tuesday! Red lentil and butternut squash stew, naan bread with yogurt dip, seasonal fruit ⁶	Vegetable fried rice with tofu, mixed greens, Asian pear salad ⁷	Chicken and veggie tacos, salsa, seasonal fruit ⁸	Spaghetti with fresh tomato sauce, garlic and cheese bread, romaine salad, seasonal fruit ⁹
SCHOOL CLOSED ¹²	Lentil soup, grilled cheese sandwiches, butter lettuce salad, seasonal fruit ¹³	Coconut curry with tofu, basmati rice, cucumber salad, seasonal fruit ¹⁴	Tostadas with black beans, salsa, seasonal fruit ¹⁵	Mac n' Cheese, mixed veggie salad, seasonal fruit ¹⁶
Chicken noodle soup/veggie soup, brioche rolls with butter, romaine salad, seasonal fruit ¹⁹	Baked potato bar with all the fixings, mixed green salad, seasonal fruit ²⁰	Veggie lo mein with tofu, cucumbers and yogurt, seasonal fruit ²¹	Pinto bean and cheese burritos, mixed cabbage salad, salsa, seasonal fruit ²²	Spinach lasagna, whole wheat garlic bread, caesar salad, seasonal fruit ²³
Vegetarian chili, cornbread with honey butter, fall salad, seasonal fruit ²⁶	Try It Tuesday! Red lentil and butternut squash stew, naan bread with yogurt dip, seasonal fruit ²⁷	French baguette bar with choice of: cheese, turkey, or tuna, romaine salad, ²⁸	Potato and cheese enchiladas, mixed cabbage salad, seasonal fruit ²⁹	Roasted chicken/fried tofu, pumpkin soup, Halloween treat, seasonal fruit ³⁰



PRODUCE SPOTLIGHT

The Asian pear is a wonderful fruit that grows well in Southern California during the fall season. Asian pears are native to both China and Japan, where they were first cultivated more than 3,000 years ago. There are several varieties of Asian pears that differ in size, shape, and color - from golden yellow to speckled with brown spots - and they are prized for their ability to be crunchy yet extremely juicy at the same time. Asian pears are chock full of vitamin C and are used in Chinese medicine for a wide range of purposes, from treating coughs to promoting healthy skin. Enjoy Asian pears this month as part of a delicious fruit salad on fried rice day!



RECIPE SPOTLIGHT

Red Lentil and Butternut Squash Stew

Adapted from Oh She Glows

<http://ohsheglows.com/2011/10/05/red-lentil-and-squash-curry-stew/>

Serving Size: about 4 servings

Ingredients:

1 tsp extra virgin olive oil
1 sweet onion, chopped
3 garlic cloves, minced
1 tbsp good quality curry powder
1 carton veggie broth (4 cups)
1 cup red lentils
3 cups butternut squash, peeled, seeded, and cut in 1/2-inch pieces
1 cup organic greens of choice
Fresh grated ginger, to taste (optional)
Kosher salt & black pepper, to taste

Directions:

Roast butternut squash:

Preheat oven to 400 degrees F.

Toss butternut squash with olive oil in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Roast in the oven until squash is tender and lightly browned, 25 to 30 minutes.

In a large pot, add olive oil and chopped onion and minced garlic. Sauté for about 5 minutes over low-medium heat.

Stir in curry powder and cook another couple minutes. Add broth and lentils and bring to a boil. Reduce heat and cook for 10 minutes.

Stir in cooked butternut squash and greens of choice. Cook over medium heat for about 5-8 minutes. Season with salt, pepper, and add some freshly grated ginger to taste.

Nutritional Information:

Butternut squash provides large amounts of vitamin B6, needed for the proper functioning of the nervous and immune systems, as well as potassium, an essential component of strong bones.





NOVEMBER

2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Potato soup, roasted brussel sprouts, mixed bean salad, seasonal fruit 2	Try It Tuesday! Orecchiette pasta with thyme and parmesan, sauteed mushrooms with butter, fall salad, seasonal fruit 3	Homemade pizza, caesar salad, seasonal fruit 4	Chicken and veggie tacos, salsa, seasonal fruit 5	Vegetarian chili, cornbread with honey butter, mixed veggie salad, seasonal fruit 6
9 SCHOOL CLOSED	Butternut squash soup, whole wheat garlic bread, mixed green salad, seasonal fruit 10	Vegetable fried rice with tofu, mixed greens, persimmon and apple salad 11	Potato and cheese enchiladas, mixed cabbage salad, seasonal fruit 12	Mac n' Cheese, roasted root vegetables, romaine salad, seasonal fruit 13
Chicken noodle soup/veggie soup, brioche rolls with butter, romaine salad, seasonal fruit 16	French baguette bar with choice of: cheese, hummus, or tuna, romaine salad, seasonal fruit 17	Veggie lo mein with chicken/veggies, cucumber salad, seasonal fruit 18	Spanish rice and beans, salsa, seasonal fruit 19	Spinach lasagna, whole wheat garlic bread, caesar salad, seasonal fruit 20 *Conferences K2-6th No classes
23 Thanksgiving Feast	Try It Tuesday! Orecchiette pasta with thyme and parmesan, sauteed mushrooms with butter, fall salad, seasonal fruit 24	25 SCHOOL CLOSED	26 SCHOOL CLOSED	27 SCHOOL CLOSED
Lentil soup, grilled cheese sandwiches, butter lettuce salad, seasonal fruit 30				

TIPS FOR A SUSTAINABLE THANKSGIVING

Support small farms Stock up on fresh fall produce and other holiday goodies at your local Farmer's Market. Meet the farmers that grew your food and feel more connected to your Thanksgiving meal this year!

Feed a turkey Attend a Farm Sanctuary event, where you can play with happy turkeys and help them enjoy their own Thanksgiving feast: <http://www.farmsanctuary.org/events/>.

Get outside Before dinner, inspire your family to do something active like go for a walk in the park or toss a football (instead of watch it on tv all day)!

Give thanks While sharing "what I'm grateful for..." at the table, add a special acknowledgement for the natural and human forces that made your meal possible.



DIY crafts Create your own centerpiece or decoration using the bounties of nature, such as this beautiful "thankful tree": <https://www.pinterest.com/pin/493003490433041272/>.

Re-vamp your leftovers

Try one of these fun recipes to transform your remaining holiday food into new dishes:

Day After Turkey Soup:

<http://www.foodnetwork.com/recipes/food-network-kitchens/day-after-turkey-soup.html>

Harvest Pizza:

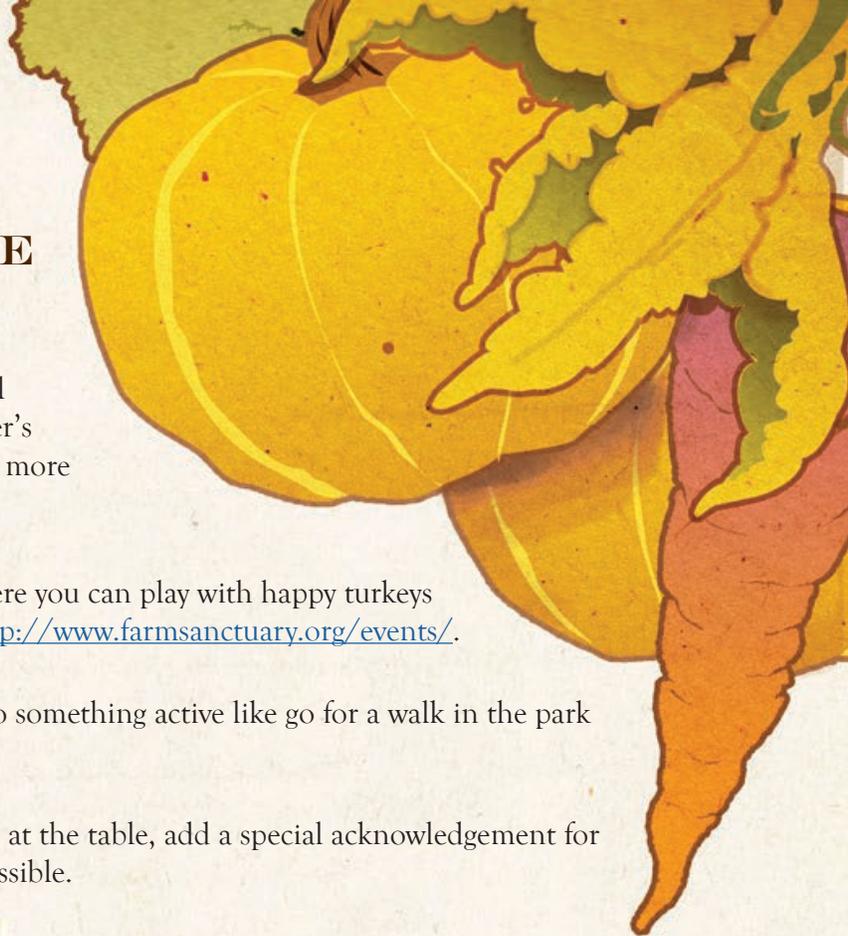
<http://www.myrecipes.com/recipe/harvest-pizza>

Turkey, Brie, and Apple Butter Sandwich:

<http://www.foodnetwork.com/recipes/tyler-florence/grilled-turkey-brie-and-apple-butter-sandwich-with-arugula-recipe.html>

Simple Sweet Potato Dip:

<http://www.foodnetwork.com/recipes/food-network-kitchens/day-after-dip-recipe.html>



RECIPE SPOTLIGHT

Sauteed Mushrooms with Garlic Butter

<http://www.bigoven.com/recipe/mushrooms-sauteed-with-garlic-butter/165450>

Serving Size: 4

Ingredients:

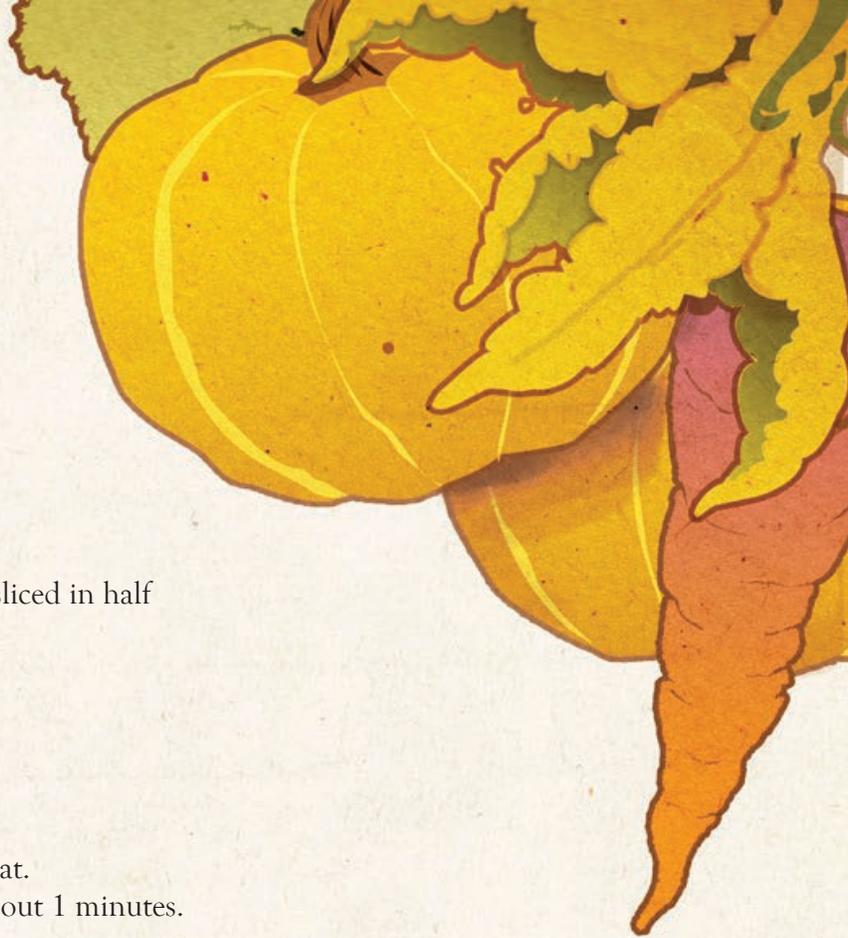
3 Tablespoon unsalted organic butter
3/4 pound small white mushrooms, wiped clean and sliced in half
1 Tablespoon garlic, finely chopped
1/2 teaspoon salt
1/4 teaspoon fresh ground pepper
2 Tablespoons organic flat leaf parsley, chopped

Instructions:

Melt butter in a lidded saute pan or skillet over low heat.
Add garlic, salt and pepper and cook until fragrant, about 1 minutes.
Add mushrooms and toss with garlic butter to coat.
Cover pan and cook for 10 to 12 minutes, stirring occasionally, and making sure garlic doesn't burn (if necessary, reduce heat to very low).
Just before serving, toss mushrooms with parsley.

Nutritional Information:

Mushrooms are an edible fungi that provide lots of vitamins and minerals to our bodies. Mushrooms are the only vegan, non-fortified dietary source of vitamin D, an essential nutrient that performs several functions, including maintaining healthy bones as well as supporting a strong immune system. Mushrooms also contain a type of fiber called beta-glucans, which has been shown to improve cholesterol levels





2015 DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Minestrone soup, 1 brioche rolls with butter, mixed green salad, seasonal fruit	Homemade pizza, 2 caesar salad, seasonal fruit	Chicken and 3 veggie tacos, salsa, seasonal fruit	Mac n' Cheese, 4 roasted broccoli, romaine salad, seasonal fruit
Butternut squash 7 soup, grilled cheese sandwiches, winter salad, seasonal fruit	Tomato Soup and 8 brioche rolls, mixed green salad, seasonal fruit	Vegetable fried rice 9 with chicken/veggies, mixed greens, salad with pomegranates, seasonal fruit	Tostadas with 10 black beans, salsa, seasonal fruit	Sandwich bar 11 with choice of: egg, tuna, or hummus, veggie salad, seasonal fruit
Chicken noodle 14 soup/veggie soup, brioche rolls, winter salad, seasonal fruit,	Baked potato bar 15 with all the fixings, butter lettuce salad with chickpeas, seasonal fruit	Coconut curry 16 with tofu, basmati rice, cucumber salad, seasonal fruit	Quesadillas with 17 sauteed veggies, mixed cabbage salad, seasonal fruit	Orecchiette pasta 18 with cauliflower and herbs, mixed green salad, seasonal fruit

SCHOOL CLOSED
DEC. 21-JAN 1



PRODUCE SPOTLIGHT

The naval orange is a sweet variety of citrus that reaches peak season during winter here in Southern California. Naval oranges are an excellent source of vitamin C, a key nutrient that protects against certain illnesses and strengthens the immune system. This versatile fruit makes a great addition to any salad and is often squeezed into juice - although you must drink it fresh, as naval oranges contain a compound called limonin that turns the beverage bitter after it sits!

Anneliese will feature fresh naval oranges from JJ's Lone Daughter Ranch throughout the month of December. This family-owned and operated farm based in Redlands, CA grows Certified Organic produce, including a diverse selection of citrus, rare varieties of avocados, figs, pomegranates, and other specialty crops. You can support JJ's Lone Daughter Ranch at several local Farmer's Markets, such as ones in Hollywood and Santa Monica.

Check out JJ's Lone Daughter Ranch's instagram page for stunning photos of what they grow:

[https://instagram.com/jjslonedaughterranch/?hl=en.](https://instagram.com/jjslonedaughterranch/?hl=en)



RECIPE SPOTLIGHT

Coconut Curry with Tofu

Courtesy of Anneliese Kitchens

Serving Size: 4

Ingredients:

2 Tablespoons olive oil
1 onion, diced
4 cloves garlic, minced
1 Tablespoon fresh ginger, grated
½ cup potatoes, diced
½ cup cabbage, chopped

½ cup green beans, chopped
½ cup carrots, diced
1 Tablespoon curry powder
2 cans coconut milk
1 ½ cups vegetable broth
Salt and pepper
½ cup organic tofu, cubed

Directions:

Chop all vegetables. Mince the garlic. Grate the ginger.
Heat a large pot to medium heat and add 1 Tbsp olive oil. Add the onion, garlic, ginger, carrot, potatoes, green beans, cabbage, and a pinch each salt and pepper and stir.

Cook, stirring frequently, until softened – about 5 minutes.
Add curry powder, veggie broth, coconut milk, another pinch of salt and stir.
Bring to a simmer then reduce heat slightly and continue cooking for 10-15 minutes.

Cut the tofu and add to the pot.
Continue cooking until tofu is heated thoroughly.
Serve with organic basmati rice.

Nutritional Information:

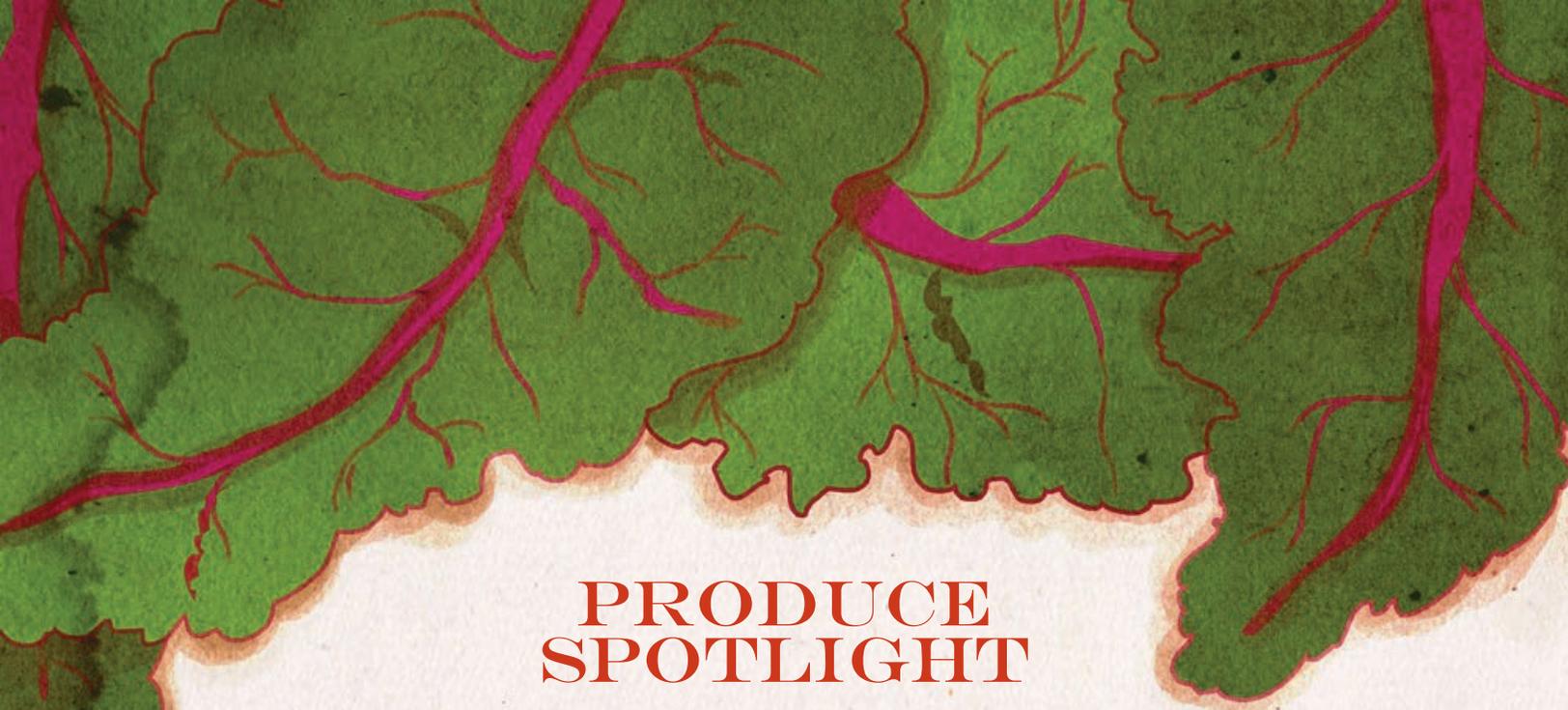
Coconuts contain a type of fat called lauric acid, which in the body gets converted into a highly beneficial compound called monolaurin, an antiviral and antibacterial that destroys a wide variety of disease-causing organisms. Coconuts are also rich in B vitamins, which provide energy to our cells, as well as vitamins C and E, both of which strengthen the immune system.





JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 SCHOOL CLOSED
Butternut squash 4 soup, brioche rolls with butter, winter salad, seasonal fruit	Try It Tuesday! Mac 5 n' Cheese, garlicky swiss chard and chickpeas, seasonal fruit	Homemade pizza, 6 caesar salad, seasonal fruit	Chicken and veggie 7 tacos, salsa, seasonal fruit	French baguette 8 bar with choice of: tuna or hummus, mixed veggie salad, seasonal fruit
Minestrone soup, 11 grilled cheese sandwiches, mixed green salad, seasonal fruit	Baked potato bar 12 with all the fixings, mixed bean salad, butter lettuce salad, seasonal fruit	Vegetable fried 13 rice with tofu, mixed greens, cucumber salad, seasonal fruit	Tostadas with black 14 beans, salsa, seasonal fruit	Swiss chard 15 lasagna, whole wheat garlic bread, mixed veggie salad, seasonal fruit
18 SCHOOL CLOSED	19 SCHOOL CLOSED	Chicken noodle 20 soup/veggie soup, brioche rolls with butter, romaine salad, seasonal fruit	Cheese 21 enchiladas, mixed cabbage salad, seasonal fruit	Orecchiette 22 pasta with broccoli and herbs, mixed green salad, seasonal fruit
Lentil soup, grilled 25 cheese sandwiches, butter lettuce salad, seasonal fruit	Try It Tuesday! 26 Mac n' Cheese, garlicky swiss chard and chickpeas, seasonal fruit	Veggie lo mein 27 with chicken/veggies, cucumber salad, seasonal fruit	Nachos, mixed 28 cabbage salad, salsa, seasonal fruit	Tomato soup 29 with brioche rolls, winter salad, seasonal fruit



PRODUCE SPOTLIGHT

Chard is a leafy green that belongs to the goosefoot family, which includes close relatives such as beets and spinach. The best time to eat chard in Southern California is January-April, although it grows well in our own Willowbrook Garden almost all year long! There are three common varieties of chard: green (mild flavor), red (more bitter), and rainbow (a hybrid that has red, white, pink, and gold colored stems). Many people use the term “swiss chard,” which can refer to any of the three varieties listed above. Chard can be unpleasant when eaten raw but develops a rich, earthy taste when cooked. This powerhouse vegetable is an excellent source of vitamins K, A, and C. One cup of chopped chard provides 300% of your daily recommended dose of vitamin K, a nutrient that keeps your blood healthy.



RECIPE SPOTLIGHT

Garlicky Swiss Chard and Chickpeas

<http://www.foodiecrush.com/2013/04/garlicky-swiss-chard-and-chickpeas/>

Serving Size: 6

Ingredients:

1 tablespoon olive oil, divided
2 bunches organic Swiss chard, center stems cut out and discarded and leaves coarsely chopped
2 cups low-sodium chicken broth (or vegetable broth)
2 medium shallots, finely chopped (about ½ cup) 6 medium garlic cloves, minced
15.5 ounce can garbanzo beans (chickpeas), rinsed and drained
2 tablespoons freshly squeezed lemon juice
Salt and freshly ground black pepper, to taste
½ cup crumbled feta cheese, optional

Instructions:

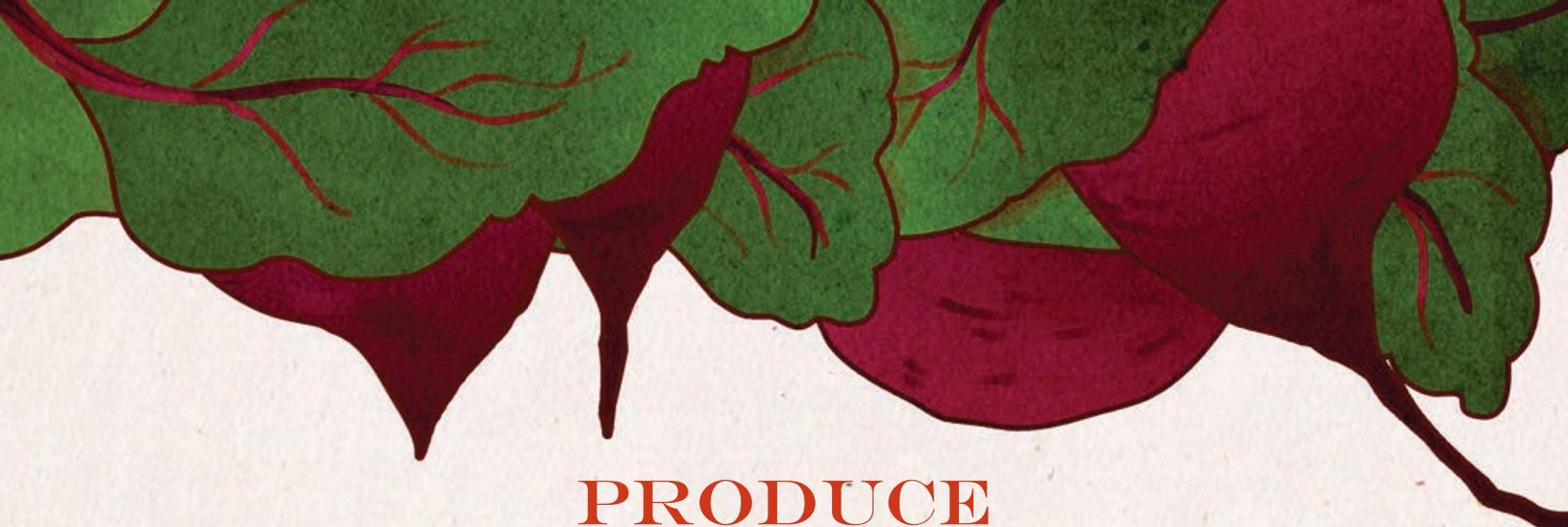
In a large skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add half of the chard and cook, 1 to 2 minutes.
When the first half has wilted, add the remaining chard.
When all of the chard is wilted, add the chicken broth. Cover the skillet and cook the chard until tender, about 10 minutes.
Drain the chard through a fine sieve (strainer) and set it aside.
Wipe out the skillet and heat the remaining 1 tablespoon olive oil over medium-high heat.
Add the shallots and garlic and cook, stirring, until they are softened, about 2 minutes.
Add the chard and chickpeas and cook until heated through, 3 to 4 minutes.
Drizzle the lemon juice over the mixture and season with salt and pepper, to taste.
Sprinkle cheese on top just before serving, if desired.



Nutritional Information: Garbanzo beans, also known as “chickpeas”, are high in polyunsaturated fatty acids, which decrease the risk of heart disease according to the American Heart Association. They are also a complete source of lean vegetarian protein, an essential macronutrient that performs countless key functions within the body, including the maintenance of tissue health. Moreover, these legumes are a great source of iron, a molecule required for the transferring of oxygen in our blood from the lungs to the tissues. Just one cup of garbanzos contains nearly 15 grams of protein!

FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Potato Leek Soup, whole wheat garlic bread, romaine salad, seasonal fruit</p>	<p>2</p> <p>Try It Tuesday! Farfalle pasta with parmesan, cream, and herbs, beet and blood orange salad, seasonal fruit</p>	<p>3</p> <p>Homemade pizza, caesar salad, seasonal fruit</p>	<p>4</p> <p>Tostadas with black beans, salsa, seasonal fruit</p>	<p>5</p> <p>French baguette bar with choice of cheese, hummus, or tuna, mixed veggie salad, seasonal fruit</p>
<p>8</p> <p>Vegetable fried rice with tofu, mixed greens salad, seasonal fruit, Fortune Cookie for Chinese New Year</p>	<p>9</p> <p>Baked potato bar with all the fixings, mixed bean salad, butter lettuce salad, seasonal fruit</p>	<p>10</p> <p>Minestrone Soup, brioche rolls with butter, winter salad, seasonal fruit</p>	<p>11</p> <p>Chicken or veggie tacos, tomatillo salsa, seasonal fruit</p>	<p>12</p> <p>Swiss chard lasagna, whole wheat garlic bread, caesar salad, Valentine's treat, seasonal fruit</p>
<p>15</p> <p>SCHOOL CLOSED SKI WEEK: Feb. 15-19 K2- 6th No Classes</p>	<p>16</p> <p>Lentil soup, grilled cheese sandwiches, butter lettuce salad, seasonal fruit</p>	<p>17</p> <p>Marinara pasta with garlic bread, winter salad, seasonal fruit</p>	<p>18</p> <p>Quesadillas with sauteed veggies, mixed cabbage salad, salsa, seasonal fruit</p>	<p>19</p> <p>Orecchiette pasta with broccoli and herbs, mixed green salad, seasonal fruit</p>
<p>22</p> <p>Swiss chard soup with coconut milk and potatoes, brioche rolls with butter, romaine salad, seasonal fruit</p>	<p>23</p> <p>Try It Tuesday! Farfalle pasta with parmesan, cream, and herbs, beet and blood orange salad, seasonal fruit</p>	<p>24</p> <p>Veggie lo mein with chicken/veggies, cucumber salad, seasonal fruit</p>	<p>25</p> <p>Cheese enchiladas, mixed cabbage salad, seasonal fruit</p>	<p>26</p> <p>Vegetarian chili, cornbread with honey butter, mixed veggie salad, seasonal fruit</p>
<p>29</p> <p>Mac n' Cheese, roasted carrots, romaine salad, seasonal fruit</p>				



PRODUCE SPOTLIGHT

Not only are beets extremely good for your health, but they make a wonderful natural dye that is gentle on the skin and kind to our planet! Here are some creative art projects you can do with your kids this Valentine season that use beets to add color to your craft:

Handmade Cards:

<http://rosyglasses.com/5686/handmade-valentines-cards/>

Wooden Block Heart:

<http://www.ecolicious.me/diy-valentine-crafts-natural-beet-dye/>

Tea Towels:

<https://bohachibean.wordpress.com/2013/05/09/beet-dye-a-tea-towel-makeover/>



RECIPE SPOTLIGHT

Beet and Blood Orange Salad

<http://www.foodandwine.com/recipes/beet-and-blood-orange-salad-with-mint>

Serving Size: 10

Ingredients:

2 pounds golden beets (about 10 medium beets), peeled and cut into 3/4-inch pieces
8 blood oranges
1/4 cup coarsely chopped flat-leaf parsley
1/4 cup coarsely chopped mint
3 tablespoons freshly squeezed lemon juice
3 tablespoons Champagne vinegar
1 small shallot, minced
1 teaspoon honey
1/8 teaspoon sumac, plus more for sprinkling (optional)
1/2 cup plus 1 tablespoon extra-virgin olive oil
Salt and freshly ground black pepper
3 ounces feta, crumbled (1/2 cup)



Directions:

Spread the beets in a large steamer basket and steam until tender, about 15 minutes. Transfer the beets to a bowl and let cool completely.

Using a sharp knife, peel the oranges, removing all of the bitter white pith. Quarter the oranges lengthwise, then slice crosswise 1/3 inch thick. Add the oranges to the beets along with the parsley and mint.

In a small bowl, whisk the lemon juice with the vinegar, shallot, honey and 1/8 teaspoon of sumac. Whisk in the olive oil and season with salt and black pepper. Pour the dressing over the salad and toss gently to coat. Add the feta and toss again. Sprinkle the salad with sumac and serve.

****MAKE AHEAD:** The beets can be steamed one day in advance and refrigerated.

Nutritional Information:

Beets are rich in several key nutrients, such as vitamin C (boosts the immune system), fiber (helps with digestion), and potassium (supports healthy nerve and muscle function). Beets contain a variety of phytonutrients, which not only give them their vibrant color, but also serve as antioxidants that protect cells against damaging compounds (i.e. certain types of cancer). Finally, beets contain a special nutrient called betaine, which fights inflammation within the body and may help reduce the risk of numerous chronic diseases.

MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Spring chicken and barley soup/veggie soup, whole wheat garlic bread, romaine salad, seasonal fruit	2 Vegetable fried rice with tofu, mixed greens, seasonal fruit	3 Black bean and cheese burritos, mixed cabbage salad, salsa, and seasonal fruit	4 Homemade pizza, mixed veggie salad, seasonal fruit
7 Minestrone soup, brioche rolls with butter, spring salad, seasonal fruit	8 Try It Tuesday! Snap pea, carrot, and tofu stir fry, brown rice, mixed green salad, seasonal fruit	9 Baked potato bar with all the fixings, steamed broccoli, seasonal fruit	10 Chicken or veggie tacos, tomatillo salsa, seasonal fruit	11 Spinach lasagna, caesar salad, seasonal fruit
14 Swiss chard soup with coconut milk and potatoes, garlic bread, romaine salad, seasonal fruit	15 Meatballs/veggie with mashed potatoes, broccoli, and seasonal fruit	16 Vegetarian chili, cornbread with honey butter, mixed green salad, seasonal fruit	17 Irish Stew (veggie), green salad, and seasonal fruit	18 Orecchiette pasta with broccoli and herbs, mixed veggie salad, seasonal fruit
21 Lentil soup, grilled cheese sandwiches, butter lettuce salad, seasonal fruit	22 Try it Tuesday! Snap pea, carrot, and tofu stir fry, brown rice, mixed green salad, and seasonal fruit	23 French baguette bar with choice of egg salad, hummus, or cheese, spring salad, and seasonal fruit	24 Cheese enchiladas, mixed cabbage salad, seasonal fruit	25 Farfalle pasta with Swiss chard, and parmesan, green salad, and seasonal fruit
28 Tuscan white bean soup with kale, garlic bread, butter lettuce salad, and seasonal fruit	29 Homemade pizza, caesar salad, and seasonal fruit	30 Spanish rice, beans, and corn tortillas, salsa, and seasonal fruit	31 Mac n' Cheese, roasted carrots, romaine salad, seasonal fruit	Spring Break March 28-April 1st (K2-6th CLOSED)

PRODUCE SPOTLIGHT

Snap Peas are an ancient crop that date back to 9750 BC, where traces were found in a cave in Burma. They are a member of the legume family, which includes beans, lentils, and peanuts, and grow on “climbing vines” that need to be harnessed with poles or wooden posts. Snap peas are one of the best vegetable sources of dietary fiber and offer a surprising amount of protein compared to other vegetables. Snap peas are also high in vitamin C, the infamous immune-boosting nutrient.



RECIPE SPOTLIGHT

Snap Pea, Carrot, and Tofu Stir Fry

<http://www.epicurious.com/recipes/food/views/stir-fried-tofu-with-mushrooms-sugar-snap-peas-and-green-onions-109075>

Serving Size: 4

Ingredients:

3 tablespoons non-GMO soy sauce
1 tablespoon unseasoned rice vinegar
1 tablespoon honey
1 teaspoon non-GMO sesame oil
1/4 teaspoon dried crushed red pepper
1 12-ounce package extra-firm organic tofu, drained, cut into 3/4-inch cubes, patted dry with paper towels
1/4 cup water
1 teaspoon non-GMO cornstarch
2 tablespoons non-GMO vegetable oil, divided
6 ounces organic carrots, sliced on diagonal
8 ounces organic sugar snap peas, trimmed
4 garlic cloves, minced
1 tablespoon minced peeled fresh ginger
4 green onions, sliced on diagonal

Directions:

Whisk first 5 ingredients in medium bowl to blend. Add tofu and stir to coat; let marinate 30 minutes. Drain, reserving marinade in small bowl. Whisk 1/4 cup water and cornstarch into marinade.

Heat 1 tablespoon vegetable oil in large nonstick skillet over medium-high heat. Add tofu and sauté until golden, about 2 minutes.

Using slotted spoon, transfer tofu to plate. Add remaining 1 tablespoon vegetable oil to skillet. Add carrots and stir-fry until tender, about 5 minutes. Add sugar snap peas; stir-fry 2 minutes. Add garlic and ginger; stir-fry 30 seconds. Return tofu to skillet; drizzle reserved marinade mixture over. Stir-fry until marinade thickens slightly, about 30 seconds. Season to taste with salt and pepper. Transfer to bowl. Sprinkle with green onions and serve.

Nutritional Information:

Tofu is a commonly used Asian product composed of fermented soybeans, which are one of the only non-animal sources of complete protein, containing all 8 essential amino acids. Soybeans are also an excellent source of B vitamins (essential for energy production), calcium (maintain bone and teeth health), and omega-3 fatty acids (very important for heart health).



APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 SCHOOL CLOSED
4 Coconut curry with tofu, basmati rice, cucumber salad, seasonal fruit	5 Try It Tuesday! Pasta primavera with asparagus, mixed green salad, seasonal fruit	6 Spring chicken and barley soup/veggie soup, brioche rolls with butter, butter lettuce salad, seasonal fruit	7 Black bean and cheese burritos, mixed cabbage salad, seasonal fruit	8 French baguette bar with choice of: egg, tuna, or hummus, mixed veggie salad, seasonal fruit
11 Lentil soup, brioche rolls, romaine salad, seasonal fruit	12 Homemade pizza, caesar salad, seasonal fruit	13 Baked potato bar with all the fixings, butter lettuce salad, seasonal fruit	14 Chicken and veggie tacos, tomatillo salsa, seasonal fruit	15 Farfalle pasta with chard, cream, and parmesan, mixed green salad, seasonal fruit
18 Swiss chard soup with coconut milk and potatoes, brioche rolls with butter, romaine salad, seasonal fruit	19 Vegetarian chili, cornbread with honey butter, spring salad, seasonal fruit	20 Lentil Soup, cucumber salad, seasonal fruit	21 Cheese enchiladas, mixed cabbage salad, seasonal fruit	22 Whole grain pasta with cauliflower and herbs, butter lettuce salad, seasonal fruit
25 Tuscan white bean soup with spinach, garlic bread, mixed green salad, seasonal fruit	26 Try It Tuesday! Pasta primavera with asparagus, mixed green salad, seasonal fruit	27 Tomato Soup, grilled cheese, sandwiches, mixed greens salad, seasonal fruit	28 Quesadillas with mixed cabbage salad, salsa, seasonal fruit	29 Shepherd's pie (meat or veggie), spring salad, seasonal fruit

PRODUCE SPOTLIGHT

Asparagus is a commonly used ingredient in North American cuisine that represents one of the first signs of Spring in the vegetable kingdom. Asparagus has anti-inflammatory properties and is rich in glutathione, a detoxifying nutrient that breaks down cancer-causing compounds in the body. It takes about three years for an asparagus to come to life from the time you plant the seed to the time you make your first harvest! Asparagus can be found in white and purple colors - white asparagus is the result of a lack of sunlight during growth, while purple asparagus is a cultivated variety originally developed by farmers in Italy. The best time to enjoy locally grown asparagus in Southern California are the months of March and April.



RECIPE SPOTLIGHT

Pasta Primavera

<http://americanfood.about.com/od/riceandgrains/r/pastaprima.htm>

Serving Size: 4

Ingredients:

8 oz dry pasta (tagliatelle, fettuccini, or linguini are recommended)
2 tbsp olive oil
2 cloves garlic, minced
1 cup chicken or vegetable stock
1 cup organic heavy cream
1 bunch asparagus, cut in 2-inch slices
1 cup shelled green peas
1 lemon, zested and juiced
1/4 cup chopped fresh organic basil leaves
1/2 cup grated Parmesan
salt and fresh ground black pepper to taste

Directions:

Bring a pot of salted water to a boil and cook the pasta according to directions. While the pasta is cooking prepare the sauce as follows.

In a large saucepan, heat the olive oil over medium-low heat, and add the garlic. Cook for 1 minute, being very careful not to brown. Add the stock, cream, lemon zest and turn heat up to high. When it begins to boil, add the vegetables and cook until the asparagus is tender-crisp, about 3 minutes. Turn off heat.

Drain the pasta (do not rise), and add back to the pot. Pour in the sauce and mix to coat the pasta. Add the lemon juice, basil, Parmesan, salt and pepper. Toss again and serve immediately.

Nutritional Information:

Asparagus has countless health benefits, such as its high concentration of vitamins A (maintains eye health), C (strengthens immune system), E (antioxidant that fights cancer-causing compounds), and K (important for blood and bone function). Asparagus is also rich in the mineral chromium, which increases the ability of insulin to transport glucose from the bloodstream into cells. Moreover, asparagus contains the amino acid asparagine, which is a natural diuretic that can help rid the body of excess salts through increased urination.



MAY

2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lentil soup, grilled cheese sandwiches, butter lettuce salad, seasonal fruit	3 Spaghetti with Marinara, Garlic Bread, Salad, and Seasonal Fruit	4 Vegetable fried rice with tofu, cucumber salad, seasonal fruit	5 Black bean and cheese burritos, salsa, seasonal fruit	6 Sandwich bar with choice of: cheese, or tuna, mixed veggie salad, seasonal fruit <i>*Conferences, k2-6 No classes</i>
9 Mac 'n Cheese, sauteed Swiss Chard, and seasonal fruit	10 Homemade pizza, caesar salad, seasonal fruit	11 Baked potato bar with all the fixings, mixed beans, spring salad, seasonal fruit	12 Quesadillas with sauteed veggies, tomatillo salsa, seasonal fruit	13 Farfalle pasta with chard, cream, and parmesan, mixed green salad, seasonal fruit
16 Tuscan white bean soup with kale and quinoa, cheesy bread, butter lettuce salad, strawberry surprise	17 Nachos with all the fixings, seasonal fruit and yogurt	18 Coconut curry with tofu, basmati rice, cucumber salad, seasonal fruit	19 Spanish rice and beans, salsa, seasonal fruit	20 Orecchiette pasta with cauliflower and herbs, butter lettuce salad, seasonal fruit
23 Sandwich Bar with choice of hummus, egg salad, cheese, and seasonal fruit	24 Vegetarian chili, cornbread with honey butter, mixed green salad, seasonal fruit	25 Veggie lo mein with chicken/veggies, cucumber salad, seasonal fruit	26 Potato and cheese enchiladas, mixed cabbage salad, seasonal fruit	27 Mac n' Cheese, roasted broccoli, spring salad, seasonal fruit
30 SCHOOL CLOSED	31 Spanish Rice, beans, salsa, and seasonal fruit			

WEST CAUGHT FISH COMPANY

This month, we are featuring wild-caught fish on our menu for Try it Tuesday fish tacos! We sourced our fish from West Caught Fish Co. based here in Newport Beach. Owner and head fisherman Scott Breneman leads a small fleet out to the Catalina coast almost every morning to fish for the freshest, most local seafood you can imagine. Scott and his crew mainly catch black and rock cod, sometimes scoring a halibut, yellowtail, or dover sole during the right season. West Caught supplies fish to several coastal restaurants here in Orange County and can also be found at Newport's Dory Fleet Outdoor Fish Market (doryfleet.com), where fishermen have the opportunity to sell their freshest catch - right off the boat - directly to consumers.

http://westcaughtfishco.com/?page_id=10



RECIPE SPOTLIGHT

Curly Kale Soup

Courtesy of Anneliese Kitchens

Serving Size: 6

Ingredients:

4 Tablespoons organic butter
5 oz. potatoes, peeled and cut into cubes
¾ cup onions, peeled and cut into cubes
5 cups vegetable broth
9 oz. organic curly kale leaves, chopped
½ cup organic cream or whole milk
Salt and pepper

Directions:

Peel and chop all vegetables.
Melt the butter in a pot. Add the potatoes and onions. Sprinkle with salt and pepper. Cover and heat on low for 10 minutes.
Add the vegetable broth and boil until the potatoes are soft.
Add the kale and cook with the lid off, until kale is cooked.
Puree the soup in a blender.
Add the cream or milk just before serving.

Nutritional Information:

Kale is considered one of the most nutrient-dense foods on the planet. Just one cup of kale contains the following vitamins: 206% of the RDA for vitamin A (maintains proper eye function), 684% of the RDA for vitamin K (essential for bone health), and 134% of the RDA for vitamin C (boosts your immune system and protects against illness). Kale is also very rich in antioxidants, which combat cancer and other disease causing agents. Specifically, kale contains two antioxidants in particular - quercetin and kaempferol - that have larger roles within the body. These antioxidants contain anti-inflammatory properties, help maintain heart health, and can lower blood pressure, among other benefits.



JUNE

2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Homemade pizza, caesar salad, strawberry surprise	2 Quesadillas with sauteed veggies, mixed cabbage salad, seasonal fruit	3 Vegetable fried rice with tofu, mixed greens, cucumber salad, seasonal fruit
6 Curly kale soup, brioche rolls with butter, rainbow summer salad, seasonal fruit	7 Try It Tuesday! Tandoori-spiced chicken or chickpeas, sauteed green beans, butter lettuce salad, seasonal fruit	8 Baked potato bar with all the fixings, mixed bean salad, butter lettuce salad, seasonal fruit	9 Veggie tacos, tomatillo salsa, mixed cabbage salad, seasonal fruit	10 Farfalle pasta with chard, cream, and parme- san, mixed veggie salad, seasonal fruit
13 Tuscan white bean soup with kale and quinoa, cheesy bread, summer salad, seasonal fruit	14 Grass fed beef bolognese/veggie stew, roasted potatoes, mixed green salad, seasonal fruit	15 Coconut curry with tofu, basmati rice, cucumber salad, seasonal fruit	16 Spanish rice and beans, salsa, seasonal fruit	17 Orecchiette pasta with cauliflower and herbs, butter lettuce salad, seasonal fruit
20 Farmer's Market corn chowder, grilled cheese sandwiches, romaine salad, seasonal fruit	21 Veggie lo mein with tofu and veggies, cucumber salad, seasonal fruit	22 Potato and cheese enchiladas, local avocado, mixed cabbage salad, seasonal fruit	23 Vegetarian chili, cornbread with honey butter, mixed veggie salad, seasonal fruit	24 SCHOOL CLOSED
27 French baguette bar with choice of: cheese, hummus, or tuna, mixed green salad, seasonal fruit	28 Try It Tuesday! Tandoori-spiced chicken or chickpeas, sauteed green beans, butter lettuce salad, seasonal fruit	29 Black bean and cheese burritos, salsa, seasonal fruit	30 Mac n' Cheese, roasted broccoli, romaine salad, seasonal fruit	

PRODUCE SPOTLIGHT

Green beans are a delicious vegetable that both parents and kids usually enjoy. Green beans belong to the legume family and originated in Peru more than 7,000 years ago, eventually spreading throughout the Americas by way of migrating Indian tribes. The green bean grows very fast - the time between planting and harvesting is only about 45 days - making it an ideal crop for backyard gardeners. When eaten raw, green beans are mildly toxic, although the toxins are more concentrated in the small seeds than in the pod, so tossing a few in your salad without cooking them first won't harm you. Green beans have countless health benefits; one in particular is that they contain zeaxanthin, an antioxidant that protects the eyes from UV light and has been linked to the prevention of age-related eye diseases. Green beans are also rich in fiber, a very important nutrient that keeps your stomach healthy and helps with digestion. The best time to eat green beans grown in Southern California is May-August.



RECIPE SPOTLIGHT

Tandoori-Spiced Chicken

<http://www.myrecipes.com/recipe/tandoori-spiced-chicken>

Serving Size: 4

Ingredients:

1 1/2 cups plain 2% reduced-fat Greek yogurt
2 tablespoons grated onion
1 tablespoon grated peeled fresh ginger
1 tablespoon olive oil
1 teaspoon ground cumin
1/2 teaspoon ground red pepper
1/4 teaspoon ground turmeric
3 garlic cloves, minced
4 (6-ounce) skinless, boneless organic chicken breast halves
1/2 teaspoon salt

Directions:

Combine first 8 ingredients in a heavy-duty zip-top plastic bag. Add chicken to bag; seal.
Marinate in refrigerator 2 hours, turning occasionally.
Place a small roasting pan in oven. Preheat broiler to high.
Remove chicken from bag; discard marinade.
Sprinkle both sides of chicken evenly with salt.
Place chicken on preheated pan.
Broil in lower third of oven for 15 minutes or until done, turning after 7 minutes.

Nutritional Information:

Organic, pasture-raised chicken is a healthy and lean animal-based protein, which is an essential macronutrient that supports our muscles and tissues. A 4 oz. piece of chicken provides about 70% of your daily recommended intake of protein. Greek yogurt also contains a good amount of protein. It has twice the amount of protein as regular yogurt and is rich in probiotics, which are bacteria that promote a healthy gut.

