



©2007. Terri Hill "This Spud's for You"

Summer Soup

Ingredients:

- 1 pound small new potatoes cut in medium-sized pieces
- 2 cups water
- 1 ½ teaspoons salt
- ¼ teaspoon black pepper
- 4 small scallions, sliced thin
- ½ pound baby carrots, diced
- 3 cups corn kernels
- ½ cup half & half
- 1 ½ cups 1% milk
- 3 tablespoons flour

Directions:

1. Cook the potatoes and corn in simmering water for 5 minutes. They should not be tender. Add salt, pepper, scallions, and carrots and simmer 5 more minutes.
 2. In a small mixing bowl combine half and half, milk and flour and stir until smooth. Add to soup pot, mixing well.
 3. Cook for 2 minutes, and serve.
- 8 servings

August

Wellness Policy

To help ensure the wellness of each student attending Berkeley Unified School District and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service the Board subscribes to the following:

1. The Governing Board will ensure that no student in the Berkeley Unified School District (BUSD) goes hungry while in school.
2. The Board will ensure that an economically sustainable meal program that provides a healthy nutritious lunch is available to every student at every school so that students are prepared to learn to their fullest potential. The district will also ensure that every student will have access to a healthy and nutritious breakfast and require that all after school programs offer a healthy nutritious snack.
3. The Board will ensure that the nutritional value of the food served by BUSD and after school programs significantly improves upon USDA and State Dietary Guidelines by providing nutritious, fresh, tasty, locally grown food that reflects Berkeley's cultural diversity. The Board of Education encourages staff to utilize food from school gardens and local farmers based upon availability and acceptability.
4. The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.
5. The Board supports sustainable organic agriculture. Therefore the Nutrition Services Director shall develop and implement a plan to integrate organic food, as defined by the USDA National Organic Program, into the meals served to our students by the BUSD. The plan shall seek to eliminate potentially harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, and known genetically modified foods.
6. Meals served to students shall be attractively presented in a pleasant environment with sufficient time for eating. It shall be the responsibility of the school staff to foster good manners and respect for fellow students.
7. Students at the K-8 level will not be involved in the sale of candy, sodas, cookies and sweets at any school sponsored event or for any fundraising activity.
8. Bake Sales and/or Ice Cream Socials may be held at the K-8 level with the permission of the school principal, in moderation and with consideration and consistency of the goals of this policy.
9. Foods offered to students and employees of BUSD during the day as a snack, an incentive, or in school offices, whether provided by parents or BUSD staff, shall be consistent with the goals of the policy.
10. The Board recognizes that class parties are a tradition in public education. However, parents and staff are encouraged to provide party snack items that are consistent with the goals of the policy and held after the lunch hour whenever possible.
11. The Board will ensure that teachers, principals, and Nutrition Services employees recognize that the lunch period is an integral part of the educational program of BUSD and work to implement the goals of this policy.
12. The Board shall ensure that eating experiences, gardens, and nutrition education are integrated into the core academic curriculum at all grade levels.
13. Each school shall post the district's policies and regulations on nutrition and physical activity on their web page, in public view within all school cafeterias or in other central eating areas.
14. The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide and at each district school. These measures shall include but not be limited to the analysis of the nutritional content of meals served, student participation rates in school meal programs — any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

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29 Meat or Vegetable Pizza
Salad Bar
Fresh Fruit
1% Milk

30 Meat or Vegetable Pasta with Marinara
Salad Bar
Fresh Fruit
1% Milk

31 Chicken or Vegetable Burritos
Rice & Beans
Salsa
Salad Bar
Fresh Fruit
1% Milk