



WHAT'S HAPPENING IN YOUR CAFÉ?

National Nutrition Month Wrap Up!

We just finished a very successful National Nutrition Month in March where we sampled peaches and cream overnight oats at Sisson Elementary School. This recipe is easy to make and packed with whole grains, protein and fiber! It was a huge hit for both teachers and students, a handful of students even came back for seconds. With such positive feedback we are looking to bring this item onto our breakfast menus at the middle and high schools. We look forward to continuing our café tasting tours throughout the rest of the school year. Stay tuned for which schools will be selected for our April tasting, highlighting Earth Month!



FOOD & WELLNESS

April is Earth Month!

April is Earth Month and we are celebrating ways each of us can make a difference in reducing food waste, considering resources, and protecting the environment. We are proud to feature delicious and earth-friendly recipes this month. Earth Month provides a great opportunity to highlight menu variety and seasonal flavors while increasing student participation and promoting sustainable best practices for our schools. We will also be celebrating *Stop Food Waste Day* on April 27th so keep an eye out for what will be featured in your school! We are looking forward to making a difference in our district, one bite at a time! Happy Earth Month 2018!



FEATURED RECIPE

Sautéed Green Beans with Garlic and Herbs



GREEN BEANS

INGREDIENTS

- 2 ¼ oz fresh green beans
- 1-1/8 tsp diced fresh onion
- 7/8 tsp garlic cloves minced
- 1/8 tsp ground black pepper
- ¼ spray of cooking oil
- 1/8 tsp of salt, kosher

STEPS

1. Trim the beans and then blanch them and drain well.
2. Spray sauté pan with light coating of cooking spray.
3. Over medium high heat, sauté onions and garlic just until tender and lightly golden brown.
4. Add blanched green beans, salt and pepper, sauté until heated to 140 F degrees.
5. Add basil and oregano, stir until combined. Serve hot.