



WHAT'S HAPPENING IN YOUR CAFÉ?

January 11th – National Milk Day

Come celebrate National Milk Day with us by visiting your café! Milk contains 9 essential nutrients necessary for optimal growth and development, so drink up!

Warm Up w/ Soup & Sandwich Combos

Grilled Cheese w/ Tomato Soup – Served on 1/9

Grilled Cheese w/ Chicken Vegetable Noodle Soup – Served on 1/25

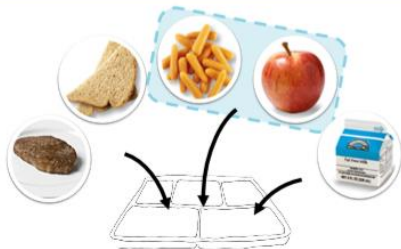
January Tastings

Food Services and the Food Corp team will be hosting another round of tastings at some of our elementary schools. This month, to help celebrate the Food Focus of the Month, Dark Leafy Greens, students will be sampling a berry kale smoothie.



FOOD & WELLNESS

Students Must Take At Least 3 Components For a Reimbursable Meal
One Must Be a Fruit or Vegetable



Breakfast in the Classroom at Washington

This month food services is launching a Breakfast in the Classroom program at Washington Elementary School! This program was created to help increase the availability of breakfast so that all students have the opportunity to start their day with a nutritious breakfast right when they enter the classroom.

Breakfast in the classroom brings positive benefits to our children such as:

- Decreased hunger-related visits to the nurses office
- Increased academic success
- Better attendance and decreased behavior problems

Remember, to help make a student's meal a complete and nutritious meal, students must take at least 3 food items, one must be a fruit or vegetable.

FEATURED RECIPE

Braised Rainbow Swiss Chard

INGREDIENTS

- 1 tbsp olive oil
- 8oz celery, diced
- 8oz carrots, diced
- 8oz onion, diced
- 5 lbs fresh rainbow swiss chard
- 16oz vegetable stock

STEPS

1. Wash all produce. Rinse swiss chard in a sink full of cold water. If necessary, drain the water and repeat until swiss chard is free of dirt.
2. Remove tough stems from the greens and finely chop the greens into 1-inch pieces.
3. Heat oil in a large skillet. Add the onion, celery and carrots and sauté for 5 minutes to soften.
4. Add fresh greens to onion mixture and stir to combine, add the stock and stir to blend.
5. Simmer until tender and internal temperature reaches 145F, about 20 minutes.

