



# April Cafeteria News



## April Events

April 1



April 8  
No School



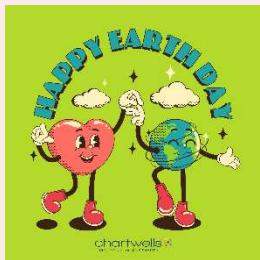
April 17

Global Eats at HS  
Korea



April 22

Happy Earth Day



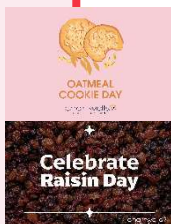
April 24

Stop Food Waste Day  
We will be enjoying  
Broccoli Slaw on the  
Extra Extra Bar

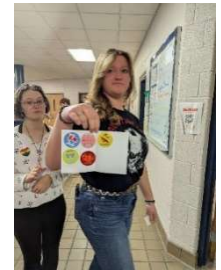


April 30

Oatmeal Cookie and  
Celebrate Raisin Day  
Enjoy an Oatmeal Raisin  
Cookie



All buildings celebrated National School Breakfast week the first week of March. Surfs Up with School Breakfast- we decorated and celebrated all the good things about breakfast.



The High School visited the Caribbean in March and the students and staff enjoyed Jerk Chicken and Arroz con Maize.

This month we visit our last stop on April 17<sup>th</sup> in Korea.



This month's Discovery Kitchen theme is BE A WASTE WARRIOR. The students will be enjoying a version of the Broccoli Slaw recipe on the next page on April 24<sup>th</sup>. Check it out for yourself at home.



March's Cheers Award winner is Renee Copper. Her award is for *Connection*. She goes above and beyond to learn the students names and something about their lives. Thanks Renee for your caring and hardworking attitude.



Michelle Aronowitz  
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# Discovery KITCHEN

## APRIL

**BE A  
WASTE  
WARRIOR**



### Broccoli Slaw

#### INGREDIENTS

1 lb. – shredded or matchstick broccoli  
½ cup – shredded red cabbage  
½ cup – shredded green cabbage  
½ cup – shredded or matchstick carrot

#### For the dressing:

1 ½ tbsp. – granulated sugar  
2 tsp. – your favorite mustard  
¾ tsp. – salt  
1 ½ tbsp. – apple cider vinegar  
1 ½ cups - mayonnaise

#### METHOD

- 1) Combine all dressing ingredients into a bowl and vigorously whip with a wire whisk to combine.
- 2) Add the slaw ingredients to the dressing and gently mix to evenly coat with the dressing.

#### Serve & Enjoy

Servings: 4-6

### Fun Facts

Broccoli slaw is a variation of traditional coleslaw, prepared using shredded raw broccoli stalks in addition to cabbage. This is a great way to reduce food waste by using these often wasted plant parts rich in potassium, calcium and Vitamin A.

1 cup of broccoli has more vitamin C than an orange. Vitamin C is a key nutrient in building and maintaining a strong immune system.

The vibrant color of red cabbage comes from Anthocyanins, which also give a similar color to blueberries, eggplant, and red onions. Anthocyanins are powerful antioxidants that are great for your brain, heart, and eyes.

Coleslaw is a popular side dish in many different cuisines around the world. For example, the classic American coleslaw features cabbage, carrots, and a mayonnaise-based dressing, Asian coleslaw often includes sesame oil, soy sauce, and ginger, while Mexican coleslaw incorporates lime juice and cilantro.

Coleslaw can be a nutritious addition to your meal. Cabbage, the main ingredient in coleslaw, is rich in fiber, vitamins C and K, and antioxidants. The nutritional benefits of coleslaw can vary depending on the ingredients and dressing used.

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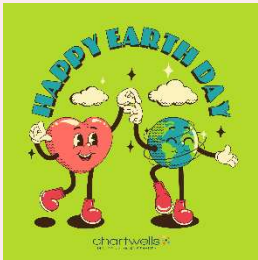
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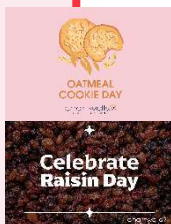
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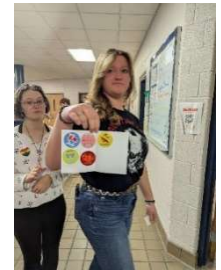


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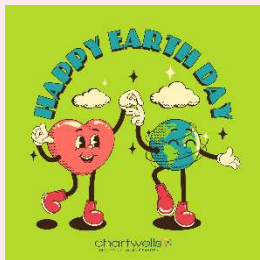
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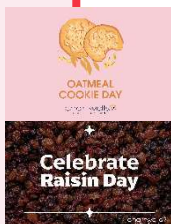
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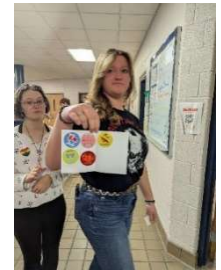


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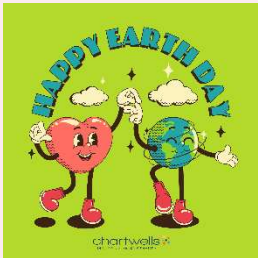
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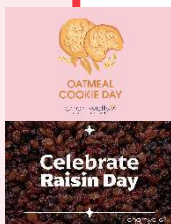
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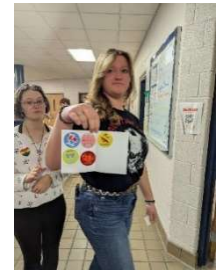


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