



April Cafeteria News



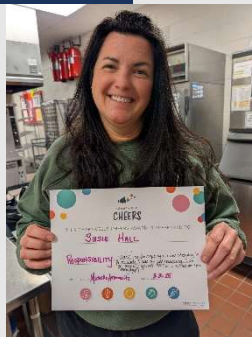
chartwells
Discovery KITCHEN

BE A WASTE WARRIOR

April is BE A WASTE WARRIOR month. Part of the Waste Warrior program is SHARE TABLES. Did you know LV participates in the Share Table program? Each cafeteria has a designated bin that students can place UNOPENED or whole fruit items that other students can choose to pick up if they would like. By assessing what is in the bin we can make menu tweaks or changes so that our waste levels are lowered.



We celebrated our last stop on our Global Eats Tour. We had 4-5 students that collected and completed their passports for all 6 countries. Those students received a bag of cookies and a certificate for a free second lunch.



March's Cheers award is a personal award of mine to Susie Hall. I am awarding her the RESPONSIBILITY award. Susie stepped in and took care of business for me on a daily basis while I was hospitalized and recovering from emergency surgery. I am SO thankful to have her and such an amazing team of workers that I did not have to worry one bit about day to day operations!!

April Events

April
Global Child Nutrition Month
School Library Month

April 1
April Fool's Day

April 18
NO SCHOOL –Good Friday

April 20
Easter Sunday



April 22
Earth Day



April 30
Stop Food Waste Day
Oatmeal Cookie Day
Raisin Day
Broccoli Slaw served in all buildings
Oatmeal Raisin Cookie served in all buildings

chartwells
serving up happy & healthy

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This institution is an equal opportunity provider.



Our last stop on the Global Eats tour ended in Italy. We enjoyed Cheese Tortellini with Italian Meat Sauce, Herbed Breadstick and Brussel Sprouts "Cacio e Pepe"

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 tbsp. – 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.

BE A WASTE WARRIOR



BROCCOLI SLAW FUN FACTS

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