



## WHAT'S HAPPENING IN YOUR CAFÉ?

### **Celebrate National Cookie Day w/ Us – December 4<sup>th</sup>**

*When you visit the café, get a free cookie with your complete meal!*

### **Featured New Menu Items**

*Mashed Potato & Chicken Bowl – 12/11*

*Buffalo Chicken Calzone – Served as a pizza alternate every Wednesday*

*Chicken Tenders w/ Baked Fries – Served as a hot sandwich alternate every Wednesday*

### **December's Food Focus of the Month – Root Vegetables**

*Look for a variety of root vegetables on the menu like carrots, potatoes, onions*



## FOOD & WELLNESS



### **Fresh Hummus Sampling!**

November's Food Focus of the Month was legumes, which includes beans, peas and lentils. To help celebrate, our Food Services Department provided samples of fresh hummus and carrot sticks during lunch time at both Ford and Hood Elementary Schools. Hummus was a new food to a lot of these students, so it was exciting to see so many of them giving it a try! Hummus is packed full of protein and fiber, and can be used as a dip for veggies and tortilla chips, or can also be used as a spread on your sandwiches.



## FEATURED RECIPE

### **Chicken Tikka Masala Power Bowl**



#### INGREDIENTS

- 4 cups brown rice
- 12 oz diced cooked chicken
- ½ cup plain yogurt
- ½ cup canned tomato sauce
- 1 1/3 tbsp curry powder
- 1 cup roasted cauliflower
- 1 cup frozen green peas, thawed
- ¼ cup chopped fresh green onion

#### STEPS

1. Prepare rice according to instructions.
2. While rice is cooking, combine cooked chicken, yogurt, tomato sauce and curry powder in a medium sauce pan, mixing well.
3. Cover, heat and simmer for at least 15 minutes.
4. Create your power bowl! Fill a bowl with one scoop of rice, one scoop of chicken and sauce, then top with cauliflower, peas and green onions!
5. Serve and enjoy