



# The Café Casserole

## All things Café mixed into one delicious newsletter

Srning 2016

### Spring has sprung in our Café

*Our Yogurt Parfaits are being served everyday in our Café. The flavor of the week is posted and announced daily. Please order when lunch count is taken. Try them, they are delicious. Low Fat yogurt, sweet berries, and our homemade crunchy granola. It is definitely a refreshing treat.*

### Do you like trying new things?

Starting this April we will be sampling our fruit and Veggie of the month. We will have samples, fun facts, and some trivia. The fruit and veggie will then be on the menu during the month.

**April: Strawberry  
Asparagus**  
**May: Plum  
Zucchini**

### Need a Snack?

#### Snacks are .75 cents

Check out these snacks on our Snack Cart

- Fresh fruit is always available for .50 a piece
- Baked Regular chips
- Baked sour cream and Onion
- Baked BBQ chips
- Kettle Corn
- Smart food popcorn
- Rice Krispie treats
- Chex Mix
- Nutri grain bars
- Oatmeal chocolate chip bar
- Welch's fruit snacks
- Variety's of ice cream

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These products are "whole grain rich", or have the first ingredient as a fruit, vegetable, dairy or protein food. They also meet or exceed the nutrient requirements for calories, sodium, fat, and

### Asparagus, Mandarin Orange, Chicken and Rice

#### Ingredients:

#### For the Vinaigrette

- 2 Tbs extra virgin olive oil
- 2 Tbs rice vinegar
- 3 Tbs mandarin orange juice (reserved from oranges)
- 1 Tbs soy sauce

#### For the Salad

- 3 1/3 cups fresh asparagus trimmed
- 2 cans (11 oz cans) mandarin oranges( drained ,reserve juice)
- 12 ounces cooked chicken breast ( cut into chunks)
- 3 cups cooked instant brown rice

#### Directions

In a small bowl, whisk vinaigrette ingredients, set aside  
Cook rice according to package directions  
Place whole trimmed asparagus in a large skillet with 1 1/2 inches of water.  
Bring to a boil, reduce and simmer uncovered 2-5 min  
Rinse and cool and cut into 1 inch pieces  
In a medium size bowl toss all ingredients and enjoy!