



The Café Casserole

All things Café mixed into one delicious newsletter

Spring 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.

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

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

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

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 ½ 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!