

## WHAT'S HAPPENING IN YOUR CAFÉ?

April is Earth Month and we are celebrating in all three dining rooms.

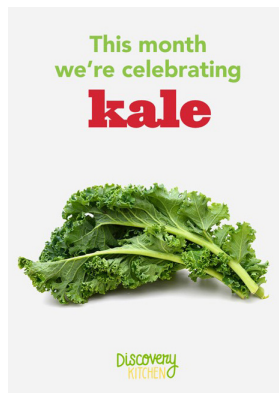
Consider taking only what you will eat. Take a sample if you aren't sure if you will like it.

**SMALL CHANGES MAKE A BIG DIFFERENCE!**

Pledge to reduce food waste and together we can do more for our school, community, and environment!



**LOVE  
FOOD  
NOT  
WASTE**



## FOOD & WELLNESS

### Did you know?

Kale is a cruciferous vegetable, which means it is in the same family as broccoli, brussels sprouts, and cabbage.

## FEATURED RECIPE

Kale and Jicama Slaw featured in the US Dining Room: on April 26:

### INGREDIENTS:

- 12 ounces kale
- 10 ounces julienne jicama
- ¼ cup lemon juice
- 1/8 tsp black pepper
- 10 ounces mandarin orange sections
- ¼ cup canola oil
- ½ tsp kosher salt

