

The Proof is in the Pudding!

Try out the healthy pudding recipe below for a yummy, guilt-free treat.

Ingredients:

- 1 ½ cups canned unsweetened coconut cream
- ½ cup unsweetened cacao powder
- 6 tbsp pure maple syrup
- 2 tsp pure vanilla extract
- Pinch of sea salt

Instructions:

1. In a small sauce pan over low heat, whisk together the coconut cream, cacao, and maple syrup until smooth.
2. Continue to cook and stir over low/med heat for about 2 minutes, or until the mixture just begins to come to a boil with small bubbles.
3. Remove from heat and stir in salt and vanilla.
4. Allow the pudding to cool. Pour mixture into bowl, cover, and place in refrigerator to chill overnight. Consider stirring after the pudding has been chilling for a couple of hours.
5. Top with whipped cream & ENJOY!



*<https://www.paleorunningmomma.com/easy-paleo-vegan-chocolate-pudding/>

JANUARY secondary

A choice of milk, Chef Salad, and a Grab N' Go will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>WELCOME BACK!</p>	<p>7</p> <p>Nachos Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apples</p>	<p>8</p> <p>Chicken & Dumplings with Hot Roll or Cheese Stick w/ Marinara Seasoned Mixed Vegetables Fresh Salad w/ Toppings Fluffy Fruit Salad</p>	<p>9</p> <p>Country Bowl or Country Bucket Hot Roll Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup</p>	<p>10</p> <p>Specialty Burger or Chicken Sandwich Basket with Fries Lettuce, Pickles, & Tomatoes Salad Toppings Fresh Baked Cookie Fresh Fruit</p>
<p>13</p> <p>Chicken Spaghetti with Breadsticks or Choice of Pizza Steamed Broccoli Fresh Salad w/ Toppings Fruit Cup</p>	<p>14</p> <p>Tacos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Salad Toppings Oranges Smiles</p>	<p>15</p> <p>Choice of Soup and Sandwich Baked Chips Fresh Salad w/ Toppings Fruit</p>	<p>16</p> <p>Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apple Sauce</p>	<p>17</p> <p>Chili Dog or Cheese Burger Basket with Fries Lettuce, Pickles, & Tomatoes Salad Toppings Fresh Baked Cookie Fresh Fruit</p>
<p>20</p> <p>ENJOY YOUR DAY OFF!</p>	<p>21</p> <p>Quesadillas or Crisпитos Spanish Rice Pinto Beans Homemade Salsa Fresh Salad w/ Toppings Fruit Cup</p>	<p>22</p> <p>Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Fresh Salad w/ Toppings Fruit Salad</p>	<p>23</p> <p>Meatloaf or Chicken Strips w/ Hot Roll Mashed Potatoes Green Beans Fresh Salad w/ Toppings Mixed Fruit Cup</p>	<p>24</p> <p>BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickles, & Tomatoes Salad Toppings Fresh Baked Cookie Fresh Fruit</p>
<p>27</p> <p>Spaghetti with Meat Sauce and Garlic Toast or Specialty Pizza Seasoned Corn Fresh Salad w/ Toppings Fruit Cup</p>	<p>28</p> <p>Nachos Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apple</p>	<p>29</p> <p>Brunch for Lunch! Belgium Waffles with Sausage or Bagel Bites Breakfast Potatoes Fresh Salad w/ Toppings Berries & Cream</p>	<p>30</p> <p>Crispy Chicken Drumstick or Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Orange Smiles</p>	<p>31</p> <p>Bacon Cheese Burger or Sausage Dog Basket w/ Fries Lettuce, Pickles, & Tomatoes Salad Toppings Fresh Baked Cookie Fresh Fruit</p>

BREAKFAST

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 1/6 & 1/20	Pancake Wrap	Eggs w/ Sausage & Toast	Breakfast on Bun	Breakfast Pizza	Yogurt Parfait & Grahams
Week of 1/13 & 1/27	Pig in a Blanket	Eggs & Bacon w/ Toast	Biscuits & Gravy	Breakfast Tacos	Banana Bread

This institution is an equal opportunity provider.