

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 PRE-KINDER

A choice of milk will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 WELCOME BACK!	7 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	8 Cheese Stick with Marinara Seasoned Mixed Vegetables Fluffy Fruit Salad	9 Popcorn Chicken Mashed Potatoes Seasoned Corn Hot Roll Fruit Cup	10 Chicken Sandwich Basket with Fries Lettuce and Pickles Fresh Baked Cookie Fresh Fruit
13 Pizza Glazed Carrots Fruit Cup	14 Tacos Pinto Beans Spanish Rice Lettuce & Tomato Oranges Smiles	15 Grilled Cheese Sandwich Homemade Soup Choice of Chips Cucumber Salad Fruit	16 Steak Fingers with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	17 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
20 ENJOY YOUR DAY OFF!	21 Quesadillas Pinto Beans Seasoned Corn Fruit Cup	22 Popcorn Chicken Fried Rice Seasoned Vegetables Fruit Salad	23 Chicken Strips with Hot Roll Mashed Potatoes Green Beans Mixed Fruit Cup	24 Chicken Sandwich Basket with Fries Lettuce and Pickles Fresh Baked Cookie Fresh Fruit
27 Spaghetti with Meat Sauce Garlic Toast Seasoned Corn Fruit Cup	28 Nachos Refried Beans Tossed Salad Spanish Rice Fresh Apple	29 Breakfast for Lunch! Confetti Pancakes w/ Sausage or Bagel Bites Breakfast Potatoes Tropical Trio Slush Berries & Cream	30 Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans Orange Smiles	31 Bacon Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit

BREAKFAST

An option of 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	Waffles	Breakfast on Bun	Breakfast Pizza	Cereal & Grahams
Week of 1/13 & 1/27	Pig in a Blanket	Cereal & Grahams	Biscuits & Gravy	Breakfast Tacos	Yogurt & Grahams

This institution is an equal opportunity provider.