Celebrating Black History Month

February 1 marks the start of black history month here are some unique dishes related to black Culture.

- Jerk Chicken
- Creole shrimp and grits
- Haitian patties
- Banana pudding
- Callaloo

Valentine Day is coming

February 14th is Valentine day here are some heart shape food ideas for you and your loved ones.

- Heart shaped Pancakes and bacon
- Heart shaped Soft pretzels
- Heart shaped Cookies
- Heart shaped Lasagna
- Heart shaped Pizza

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chartwells
serving up happy & healthy

Chef's Corner
Recipe of the month: Pound Cake

Ingredients
1 cup unsalted butter, 2 sticks
2 ¾ cups sugar
½ cup shortening
5 eggs
1 cup whole milk
1 teaspoon lemon extract
1 teaspoon vanilla extract
3 cups flour
1 teaspoon baking powder
¾ teaspoon salt
vanilla ice cream (optional)
fresh berry (optional)

Recipe
1. In a large bowl, cream butter, sugar, and shortening together with a hand mixer.
2. Mix the eggs, one at a time, into the batter.
3. In a medium bowl, combine the milk, lemon extract, and vanilla extract.
4. In a separate medium bowl, whisk the flour, baking powder, and salt.
5. Alternately add the dry and wet ingredients into the batter.
6. Pour the batter equally into two greased and lightly floured loaf pans.
7. Bake in a non-preheated oven set to 350°F (180°C) for 1 hour, or until toothpick inserted comes out clean.
8. Cool for 30 minutes before slicing.
9. Serve with vanilla ice cream or berries.

Friendly Reminder

Just like last year your school breakfast and lunch will continue to be served to you free of charge

FREE

Upcoming Food Holidays:

February 2nd is national tater tot day make sure to grab some for lunch.

February 5th is World Nutella day have some with your favorite type of bread.

February 20th Is national muffin day start your day off with your favorite muffin.

This institution is an equal opportunity provider.