### **Breck School**



# WHAT'S HAPPENING IN YOUR CAFÉ?

We are celebrating Earth Month in all three dining rooms.

Consider going trayless on Tuesdays!

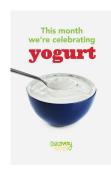
#### **SMALL CHANGES MAKE A BIG DIFFERENCE!**

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





## FOOD & WELLNESS



#### **DID YOU KNOW?**

Yogurt has "good"
bacteria called
probiotics that help
keep our digestive and
immune systems
healthy.

### FEATURED RECIPE

### Avocado Tomato Salad — featured April 15 and 16

#### **INGREDIENTS:**

- 1 cup diced avocado
- 1 cup diced tomatoes
- 1/4 cup finely chopped red onion
- 2 minced jalapenos
- 1 tbsp fresh lemon juice
- ¼ cup chopped cilantro
- ½ tsp kosher salt
- 1/8 tsp ground black pepper.

