

WHAT'S HAPPENING IN THE BRECK DINING ROOM?

Chef Liz visited the Lower School Dining room to introduce the kids to Pumpkin Hummus with Pita! Pumpkin Hummus was featured in MS and US as well.



FOOD AND WELLNESS

Local Apples at Breck!

Apple Willie, owner and operator of Circle K Apple Orchards shared Crimson Reds and Cortland apples from his farm with the LS students. Circle K apples were featured in all three dining rooms from October through December.

FEATURED RECIPE

GLUTEN-FREE CRAISIN GRANOLA

INGREDIENTS

2 tsp	Flavoring, Extract, Vanilla Pure
1/2 tsp	Salt, Kosher
1-1/2 cup	Sugar, Brown, Light
1/2 cup	Water, Boiling
1 cup	Gluten Free Flour
7 cup	Oats, Steel Cut, Dry
1 cup	Cranberries, Dried

1. Stir brown sugar into water to melt. Add salt and vanilla.
2. Combine sugar solution, oats, wheat germ and sunflower seeds.
3. Bake at 275F degrees for about 15-20 minutes, stirring occasionally or until golden brown and dried.
4. Stir in cranberries. Cool completely before serving.





FOOD AND WELLNESS

FUN FOOD FACT:

One of the treats for the Holiday parties was Grinch Kabobs!

Ingredients:

Green grapes, banana slices, strawberries and mini marshmallows.

FOOD FEATURE

January Food Feature!

Look for menu items featuring citrus in the month of January.

