

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

## 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
<b>Week of 1/6 &amp; 1/20</b>	Pancake Wrap	Eggs w/ Sausage & Toast	Breakfast on Bun	Breakfast Pizza	Yogurt Parfait & Grahams
<b>Week of 1/13 &amp; 1/27</b>	Pig in a Blanket	Eggs & Bacon w/ Toast	Biscuits & Gravy	Breakfast Tacos	Banana Bread

This institution is an equal opportunity provider.