

Reminders from Food Services...

- SchoolCafe allows parents to transfer money between students' accounts at any time. You can access SchoolCafe at <https://www.schoolcafe.com/abrsd>
- Reminder to parents, that all funds on a student's lunch account at the end of the school year are available for use over the summer and the following September. Anyone leaving the district may request a refund or transfer the balance to a sibling's account.
- Check out our newly designed menus at https://www.abschools.org/district/food_services/lunch_menus

New Happenings...

- The High School is now offering "Cooking in the Café". On Monday afternoons, students meet in the kitchen and participate in a "Chopped" style event.
- RJGrey is again offering an after school Cooking Club for 12 Junior High Students. This our seventh session offering this very popular activity where students explore a variety of basic cooking techniques

April Fool's Day "Cupcakes"



Meatloaf Cupcakes



Prep
20 m



Cook
40 m



Ready in
1 h

allrecipes!

Ingredients

1 pound ground beef	2 cloves garlic, chopped
1 cup crushed saltine crackers	1 teaspoon ground black pepper
1/2 cup chopped onion	1 teaspoon seasoned salt
1/2 cup chopped green bell pepper	1/2 cup ketchup
1/3 cup milk	1/2 cup brown sugar
1 egg	4 cups mashed potatoes
1 tablespoon Worcestershire sauce	1 cup shredded Cheddar cheese

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Mix ground beef, saltine crackers, onion, green bell pepper, milk, egg, Worcestershire sauce, garlic, black pepper, and seasoned salt together in a bowl.
- 3 Stir ketchup and brown sugar together in a bowl. Spoon ketchup mixture into the bottom of each muffin cup of a 6-cup muffin tin.
- 4 Fill muffin cups with beef mixture, leaving 1/2-inch space on the top.
- 5 Bake in the preheated oven until no longer pink in the center, about 30 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Drain fat from muffin cups.
- 6 Top each 'cupcake' with mashed potatoes and Cheddar cheese.
- 7 Continue baking until cheese is melted, about 10 minutes.