

Reminders from Food Services...

- Thursday Extended Day Lunch Sign-up now available at www.abschools.org/district/food_services
- Did you know that there are additional items for sale in our Cafeterias other than Breakfast and Lunch? Students are able to purchase a la carte items, 2nd lunches and other healthy snacks. If you wish to restrict purchases on these items, you may do so on your SchoolCafe account. (Please note that any item that is not prepackaged cannot be restricted as we cannot resell it once it is touched by a student.)
- Check out our newly designed menus at https://www.abschools.org/district/food_services/lunch_menus

New Happenings...

- We are now offering local sustainable fish as a lunch option at the High School. Each month we are receiving a different type of fish from a local fish company and offering it to our HS students. It's been a huge hit – selling out each time.



Healthy Chicken Potstickers

https://www.circleofmoms.com/recipe/healthy-chicken-potstickers?trk=home_recipe_summary

Ingredients

1 pound ground chicken or turkey
1.5 cups of pre-packaged broccoli slaw
2 cloves garlic, minced
1 Tablespoon freshly grated ginger
1 Tablespoon soy sauce
1/2 teaspoon crushed red pepper (optional)
salt and pepper
1 package won ton wrappers
2 Tablespoons sesame oil
soy sauce for dipping



Preparation

1. Cook ground chicken (or turkey) in a large skillet over medium high heat until completely done.
2. Drain off any fat.
3. Return chicken to pan and add broccoli slaw.
4. Cook over medium heat for 3 minutes, or until the vegetables are softened.
5. Add garlic, ginger and soy sauce, cook for 1 more minute.
6. Remove pan from heat and stir in crushed red pepper if using, salt and pepper to taste.
7. Lay out 12 won ton wrappers on a clean surface.
8. Moisten the edges of the won ton wrappers with water using your fingers or a pastry brush.
9. Spoon 1 tablespoon of the ground chicken mixture into the center of each won ton wrapper.
10. Fold won ton wrapper so that it forms a triangle while gently fold edges to form pleats – this will help the pot stickers stay together as they cook.
11. Repeat process until all filling is used.
12. Heat about 2 tablespoons sesame oil in a skillet over medium heat.
13. Add 6 pot stickers at a time to the pan lying on their side.
14. Cook about 1-2 minutes or until golden brown, then turn over and cook on the other side. Repeat with remaining pot stickers.
15. Serve with soy sauce for dipping.