

## Reminders from Food Services...

- Thursday Extended Day Lunch Sign-up now available at [www.abschools.org/district/food\\_services](http://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, 2<sup>nd</sup> lunches, and other items as outlined below. 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](https://www.abschools.org/district/food_services/lunch_menus)

## New Happenings...

- RJGrey is again offering an after school Cooking Club for 12 Junior High Students. This our sixth session offering this very popular activity where students explore a variety of basic cooking techniques

### EASY MAC AND CHEESE SOUP W/ CHICKEN AND BROCCOLI

(adapted from Pampered Chef)

#### Ingredients

- 1 box deluxe type macaroni and cheese (the kind with **cheese sauce** in a pouch)
- 1 1/2 cup frozen broccoli, thawed and chopped (you can use fresh, just pre-steam it in the microwave)
- 1.5 tsp onion powder OR onion flakes
- 1 cup water
- 2 1/2 cups milk
- 1 can condensed cheddar soup
- 1 1/2 to 2 cups cooked chopped chicken
- freshly ground pepper and salt

#### Instructions:

1. Cook macaroni as directed on package and drain.
2. Mix soup, water, onion powder and milk together in a large saucepan, over medium heat until thoroughly combined.
3. Add cooked macaroni, cheese sauce from pouch, chicken and broccoli to the pot.
4. Bring to a boil, stirring occasionally.
5. Add fresh ground pepper and salt to taste



<https://www.scatteredthoughtsofacraftymom.com/mac-and-cheese-soup-w-broccoli-and/>