

New Happenings...

All schools serve breakfast 20 minutes before the start of school. Breakfast is a choice of bagel and cream cheese, cereal with milk or a muffin. All breakfasts are served with fruit and milk and cost \$1.75. If you receive free lunch, then breakfast is also free. If you receive reduced lunch, then breakfast is \$.30. **Please note that breakfast is not served when there is a half day.**

SchoolCafe (www.schoolcafe.com/abrsd) allows you to transfer money between your active students' accounts if you added money via Schoolcafe. To set-up a SchoolCafe account, you will need your child's Student ID and Lunch PIN/ID which can be found in PowerSchool. For HS and Elementary Students, this information can be found on the **My Class Schedule** page and for Jr. High student this information is located on the **Team Assignment** page.

Reminders from Food Services...

Food Services offers lunch to Thursday Extended Day students. You need to pre-order lunch by Sunday night prior to Thursday 1/2 day. We offer Turkey and Cheese sandwich, Turkey and Cheese on a gluten-free wrap, Sunbutter and Jelly Sandwich or a Bagel and Cream Cheese. All are served with fruit, vegetable and milk and cost \$2.75. Families eligible for free/reduced meals will receive the same benefit for Thursday lunches but all families **must** pre-order. Cash is not accepted and the cost of the lunch is deducted from your child's lunch account. To sign-up, please go to https://abce.abschools.org/extended_day and choose "Extended Day Lunch Form"

Apple Spice Muffins



From: EatingWell Magazine, November/December 2016

Ingredients

20 servings

Muffin Batter

1 ¾ cups white whole-wheat flour	1 tablespoon vanilla extract
2 teaspoons baking powder	¾ cup dried cranberries or raisins, divided
2 teaspoons ground cinnamon	3 ½ cups finely chopped peeled Granny Smith apples (2-3 large)
1 teaspoon ground ginger	1 cup rolled oats
½ teaspoon baking soda	<i>Crumb Topping</i>
½ teaspoon kosher salt	¾ cup rolled oats
¼ teaspoon ground cloves	½ cup white whole-wheat flour
½ cup granulated sugar	1 teaspoon ground cinnamon
8 tablespoons unsalted butter (1 stick), melted and at room temperature	¼ teaspoon kosher salt
½ cup crème fraîche, at room temperature	4 tablespoons unsalted butter (½ stick), r
½ cup reduced-fat milk, at room temperature	3 tablespoons honey
2 large eggs	2 teaspoons vanilla extract

Preparation



Active 30 m
Ready In 1 h 30 m

- 1 Position racks in upper and lower thirds of oven; preheat to 350°F. Line 20 muffin cups with paper liners.
- 2 To prepare batter: Sift 1 ¾ cups flour, baking powder, 2 teaspoons cinnamon, ginger, baking soda, ½ teaspoon salt and cloves into a mixing bowl. Add sugar and 8 tablespoons butter and stir to combine. Add crème fraîche, milk, eggs and 1 tablespoon vanilla; beat on low speed for 10 to 15 seconds. Increase speed to medium-high and beat until light and fluffy, about 20 seconds.
- 3 Chop about half the cranberries (or raisins) into small pieces. Fold all the cranberries (or raisins), apples and 1 cup oats into the batter. Divide the batter among the prepared muffin cups.
- 4 To prepare topping: Mix oats, flour, cinnamon and salt in a medium bowl. Whisk butter, honey and vanilla in a small bowl; drizzle on top of the oat mixture and mix until well incorporated. Top each muffin with some of the crumb topping.
- 5 Bake on the upper and lower racks, rotating top to bottom halfway through, until lightly golden and firm to the touch, 30 to 35 minutes. Let cool in the tins on a wire rack for at least 30 minutes before serving.

To make ahead: Store individually wrapped for up to 2 days at room temperature or up to 2 weeks in the freezer; defrost overnight at room temperature before serving.