

# Searching for New Dinner Ideas?

Try our...



## Chicken Caesar Salad

This salad is a classic! Try it the next time your family is in a dinner rut. The recipe below makes 1 serving.

### INGREDIENTS

- ✓ ¾ cup shredded romaine lettuce
- ✓ 2 oz cooked chicken breast strips
- ✓ ¼ oz grated parmesan cheese
- ✓ ¼ cup plain croutons
- ✓ 2 tbsp creamy ceasar dressing (use your favorite bottled brand)

Start by piling the lettuce onto a plate or bowl. Next add the chicken strips, parmesan cheese and croutons. Drizzle on the dressing, toss the ingredients and you're ready to serve. Round out the meal with a whole wheat dinner roll, a glass of milk and fresh fruit for desert.



### Food and Nutritional Services wants you to know...

This salad is currently being offered as one of your child's school lunch menu items. All lunches are served with fresh fruit and milk. To find out how your child can get this tasty item at school check out our website at [www.nusd.org](http://www.nusd.org). Or, keep an eye out for our monthly menus.

## Nutrition Tip for Parents

**Got a picky eater in the house? Check out the tips below:**

- ❖ Kids are more likely to try new foods if you involve them in planning and cooking meals. Have them help with grocery shopping, washing fruits and veggies, and measuring ingredients.
- ❖ Set a good example by eating healthy foods yourself. Buy and try new fruits and vegetables as often as you can.
- ❖ Don't be upset if your child won't try something new. Offer it again in a week. It usually takes several tries before children are willing to try new foods.

