



Don't Let This One Get Away!

Try our...

Tuna Salad

This salad is sure to please the whole family. The recipe below makes about 4 servings.

INGREDIENTS

- ✓ 8 Oz canned light tuna
- ✓ ¼ cup fresh chopped celery
- ✓ 3 tbsp sweet pickle relish
- ✓ 3 tbsp mayonnaise
- ✓ 1 tsp onion powder
- ✓ Pepper to taste
- ✓ 1 cup shredded iceberg lettuce

Combine the tuna, celery, relish, mayo and pepper. Mix until well blended. Scoop up about a ½ cup of salad and serve it on a bed of shredded lettuce.



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. Or, keep an eye out for our monthly menus.

Nutrition Tip For Parents

Wondering what's up with Omega-3s?

Omega-3s are essential fatty acids that children need for normal growth and development. Fatty fish like the tuna in our tuna salad is a good source of omega-3. Other sources of omega-3 fatty acids include walnuts, ground flax seed or oil, canola or soybean oil, and tofu.

