Upcoming Events

Random Act of Kindness
February 3rd to 7th

Teachers, Staff and Students can purchase a cookie for $0.50, and purchase a cookie coupon for $0.25. Gift the coupon to make a new friend or just pass on the kindness.

Tuesday, February 4th
Chartwells will provide breakfast pastries and coffee at the Faculty Meeting.

Faculty Dining

February Lunch Menu
Entrée $6.50

Almond Crusted Salmon with Roasted Potatoes

Beef Bourguignon served with Red Velvet Cupcake

Almond Crusted Chicken Salad

Shrimp Etouffee

Soup $1.50

Cuban Black Bean Lentil
Loaded Baked Potato
French Onion
Chicken Tortilla

We will continue to have vegetarian and vegan options available.

Join us on Wednesdays this month for Weekly Tasting

Contact Us:
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Director of Dining Services
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805.405.7261
Our February 2020 Food & Nutrition Focus is Tree Nuts:

**eat.**

- Suggested amount of nuts per day is ¼ cup (30g) on a five or more days of the week.

**learn.**

**DID YOU KNOW?**

- They are a rich source of all-important omega-3 essential fatty acids like linoleic acid, \( \alpha \)-linolenic acid (ALA), eicosapentaenoic acid, docosahexaenoic acid, etc.

**live.**

**Feeling Good! Sweet & Spicy Party Nut Mix Recipe...**

2 cups whole almonds  
2 cups pistachio  
1 ½ cups pumpkin seed or pecans  
Optional 2 tablespoons finely chopped fresh rosemary  
2 tablespoons maple syrup  
2 tablespoons unsalted butter, melted  
1 ½ teaspoons kosher salt  
1 teaspoon vanilla extract  
¼ teaspoon cayenne pepper

1 Preheat oven to 325 degrees. Line a large rimmed baking sheet with parchment paper or silicone mat so the maple syrup doesn’t get stuck to the pan. Pour the almonds, pistachio, pumpkin seeds onto the pan and set it aside.  
2 In a small bowl, combine the optional rosemary, maple syrup, melted butter, salt, vanilla, and cayenne. Gently whisk until blended.  
3 Pour the mixture over the nuts on the prepared baking sheet. Stir well, until all of the nuts are lightly coated. Spread the mixture in a single layer across the pan.  
4 Bake. Stirring after the first 10 minutes and then every 5 minutes thereafter, until almost no maple syrup coating remains, and nuts are deeply golden, 23 to 26 minutes. Cool, then serve.