

What's for Dinner?

Try our...



Chicken Taco Salad

This taco salad is quick to make AND it's delicious! Have your kids help assemble the salads for a fun family activity. The recipe below makes 1 serving.

INGREDIENTS

- ✓ 1 cup shredded iceberg lettuce
- ✓ 2 ½ oz cooked diced chicken breast
- ✓ 1 oz shredded American cheese
- ✓ ¼ cup diced fresh tomatoes
- ✓ 2 oz salsa
- ✓ 1 oz sour cream
- ✓ ½ oz sliced black olives
- ✓ 1 serving tortilla chips (about 7-9 chips)



Start by laying down a bed of lettuce. Then layer on the chicken, cheese, tomatoes, salsa, sour cream and black olives. Serve with your favorite tortilla chips on the side and ENJOY!

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

KIDS NEED CALCIUM!

Calcium is critical for your growing kids. Kids need 2-3 servings of calcium rich foods every day to keep their bones strong. The cheese in the taco salad above is a great source. Other good sources of calcium include milk, yogurt, soymilk, fortified orange juice, and fortified cereals.

