



Red Clay Café Special Event Calendar

Check out Red Clay Café's Special Event Calendar!

Whether a special event, holiday or a national food day, we don't want you to miss all the fun happenings in the cafeteria!

Follow us @RedClayCafe on Facebook, Twitter & Instagram!

March is National Celery Month!

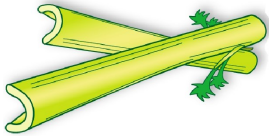
| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 25 | 26 | 27 | 28 | 1 National Compliment day! |
| 4 National School Breakfast Week! March 4th-8th! Breakfast: New! French Toast Bites & Yogurt Lunch: Piggie Stick Protein Bowl! | 5  Breakfast: Try a Motor Oil Smoothie (Chocolate Covered Strawberry Banana) Lunch: Mardi Gras! | 6 Breakfast: Breakfast Pizza Bagels! (Aka: Pizza Wheels!) Lunch: New! Breakfast Sausage & French Toast Bake with Syrup | 7 Breakfast: Piggie Stick! Lunch: Turkey Bacon & Vegetable Frittata with Assorted Cereal Bowls (National Cereal Day!) | 8 Breakfast: Cinnamon Sugar "Spare Tire" (Whole-Grain Donut) Lunch: Try Chorizo, Egg & Vegetable Breakfast Pizza during lunch! |
| 11 | 12 | 13 | 14 | 15 |
| 18 Saint Patrick's Day Celebration! *Check out our green menu items!  | 19 | 20 | 21 | 22 |
| 25 National Waffle Day! Chicken & Waffles  | 26 | 27 | 28 | 29 No School Today Professional development |

Celery Month



What is Celery?

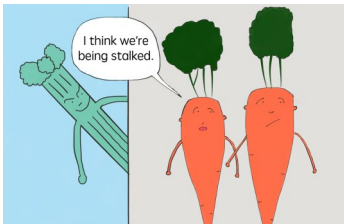
Celery is a vegetable that belongs to the parsley family. Celery has a long, fibrous stalk and leaves and is a biennial plant, meaning that its life cycle ends in 2 years.



Celery Nutrition Facts

Celery is an extremely healthy vegetable. One stalk contains about 6 calories and is high in fiber, water and vitamins K, B2 and C!

Celery contains anti-inflammatory health benefits that help with inflammation in the digestive tract.



Joker's Corner

Why did the gardener quit his job?

i)(Salary)i

Answer: Because of his Celery

Cinnamon Ants on Sticks

[https://www.allrecipes.com/recipe/158261/cinnamon-ants-on-sticks/?inter-nationalSource=rot&referringId=17891&referringContentId=Recipe%20Hub](https://www.allrecipes.com/recipe/158261/cinnamon-ants-on-sticks/)

Ingredients:

1 Large Stalk of Celery
3 TBSP Peanut Butter
1 tsp Cinnamon
2 TBSP Raisins

Directions:

Wash and dry celery stalks. Cut celery into 3 equal pieces and place hollow side up. Sprinkle evenly with cinnamon and spoon peanut butter into the hollow part of the celery. Arrange raisins on top.



Cajun Cooking with Celery!

March 5th, 2019 is Mardi Gras and that means Cajun and Creole cooking! Celery is considered part of the "holy trinity" in Cajun cooking along with onions and bell peppers. This mix is the base for many famous Cajun and Creole dishes such as Gumbo, Jambalaya and Crawfish Étouffée.



Facts about Celery

- Celery was first used as medicine instead of food to treat toothaches, insomnia, gout, rheumatism, anxiety and arthritis.
- In ancient Greece, celery was used as a bouquet of flowers for winners of athletic games.
- Italians were the first to use celery as food in the 16th century.
- The darker the stalk of celery, the stronger its flavor will be.



Produce Tips:

Choose straight, rigid celery stalks with fresh leaves. Avoid stalks that look pithy, woody or limp. Celery should smell fresh and not musty. You can refrigerate celery in a plastic bag for up to two-weeks. Celery is in season during the fall, winter & Spring.