

To add more nutritious, scratch-made items to the menu, we have a new recipe: **Red Cabbage Slaw!**

Our hardworking, talented staff will be preparing this menu item using the freshest produce.

The flavors have a Hispanic influence and will pair well with the Papusa lunch meal offered on Wednesday, 9/30.



The dressing is light and uses **lime juice, olive oil, cilantro, garlic, cumin and real honey** for a touch of sweetness.

Red cabbage contains roughly 10 times more vitamin A and a much higher concentration of protective antioxidants than green cabbage.

Just one cup of raw red cabbage can provide a massive portion of your daily recommended vitamin C. In addition, a single large red bell pepper contains over 300% of your daily recommended vitamin C – about three times more than an orange!

For more information, please contact the Food Services Department at foodservice@necsd.net.