



February 2018

## February is national soup month!

### Chicken Noodle Soup

1/2 medium onion, thinly sliced  
1 small carrot, thinly sliced  
2 stalks celery, thinly sliced  
2 sprigs fresh thyme  
2 sprigs flat-leaf parsley  
6 cups chicken broth, homemade or low-sodium canned  
1/2 cup water  
Kosher salt and freshly ground black pepper  
1/3 pound egg noodles (preferably wide ones)  
1 1/4 cups shredded cooked chicken (meat from about 1 breast).

Place ingredients in medium pot, add salt and pepper to taste. Cook until vegetables are tender, then add noodles.

**Courtesy of: The Kitchen**  
**find it at**  
**[www.foodnetwork.com](http://www.foodnetwork.com)**

### Joke of the Month

Q: Got a date for  
Valentine's Day?

A: Yes, February 14<sup>th</sup>!

## Los Alamos School District



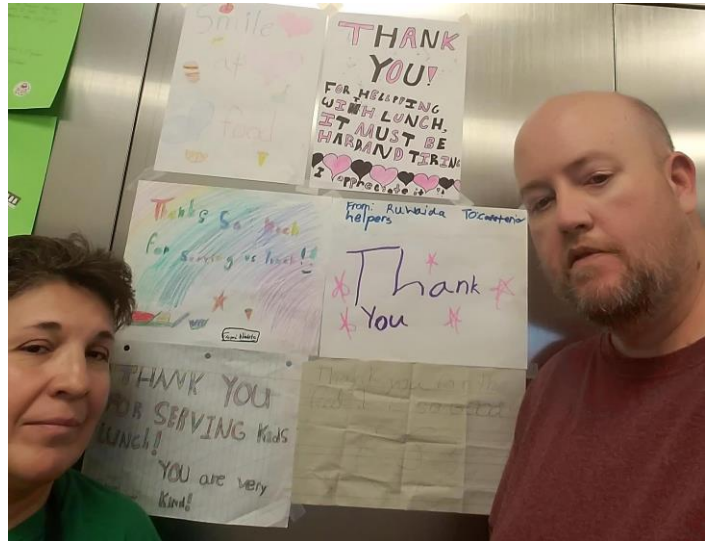
### NEW Yogurt Flavors

We have some fun flavors that you are sure to love for the month of February.

### Black Raspberry and Strawberry Cheesecake

## Gratitude

This month, focus on positives that happen throughout your daily routine. When we pay attention to how much we might take for granted, it brings small rays of sunshine into our lives.



## We Love Our Tigers!!

**Chartwells received handmade thank you cards from the Aspen Tigers. Diane and Charles say thanks for the gratitude tigers, you ROAR!**