

CAFETERIA CONNECTION

October 2015 Maschio's Food Services, Inc.



October 13th-19th is National School Lunch Week

The National School Lunch Week theme this year is "School Lunch Snapshot." It's about sharing pictures of the well-balanced school lunches offered in cafeterias which include more fresh fruits and veggies, whole grains, milk, and "right-sized" portions. Be sure to celebrate October 13th-19th in the cafeteria and check out our Facebook page to see what meals we are serving up this month. Below are some interesting facts about the National School Lunch Program (NSLP):

- Created in 1962 by President John F. Kennedy, it's a celebratory week of events and activities promoting the benefits of the National School Lunch Program (NSLP).
- The NSLP began in 1946 and is the largest of the federal child nutrition programs.
- In 180 school days, approximately 30 million children are served healthy meals per day!
- 95% of US elementary and secondary school students are enrolled in schools that participate in the NSLP.

Prepared by: Molly Brinker, CSE Dietetic Intern Source: School Nutrition Association. <http://schoolnutrition.org/NSLW2015>

Let's Celebrate!

National Vegetarian Month
National Popcorn Poppin' Month
10/21 Apple Day
10/26 Pumpkin Day
10/27 National Potato Day
10/13-10/19 National School Lunch Week

Happy Healthy Halloween

Sticking to healthy eating habits doesn't have to be a scary thought! Here are some ways to make Halloween healthier for you and your children:

- Provide your child with a balanced meal before heading out to trick-or-treat or to the parade. They will be less likely to snack on all the candy & treats.
- When your child asks for a piece of candy, be sure to pair it with a healthy filling snack such as an apple with peanut butter, vegetable sticks with hummus, or yogurt parfait.
- Keep the candy stash off the counter, store it in the pantry. Out of sight, out of mind.
- Hand out non-perishable food items such as small packs of low fat popcorn, mini low-sugar cereal boxes, or non-food items like bouncy balls, glow sticks, temporary tattoos, sidewalk chalk, etc. Find these items at the dollar store, they might be cheaper than buying candy!
- Always be sure to inspect your child's candy prior to consuming.

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What Makes a Meal?

Each meal consists of **Five** components:
 Meat/Meat Alternative, Grain, Vegetable, Fruit, and Milk

For a Reimbursable Meal:

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**

What's in Season?

Unscramble the words to find out what foods are the freshest this time of year! Choose these foods to add to your recipes at home. Incorporate a variety of colorful produce on your plate. *Make it a challenge, try one or two new foods a week in October!*

- PLPAE** _____ A source of both soluble & insoluble fiber to help with digestion. This fruit comes in many varieties and flavors to choose from.
- AQHSUS** _____ Loaded with many vital nutrients, these vine ripened vegetables are cultivated in different varieties: spaghetti, acorn, and butternut to name a few. Store them in a cool, dry place and they will last for weeks, until ready to be cooked.
- GISF** _____ This tree fruit is sweet and can be eaten fresh or dried. High in fiber, manganese, an essential mineral, and antioxidants. Try these for a sweet dessert.
- IMNUPPK** _____ This vegetable is loaded with beta-carotene, a carotenoid, which converts to Vitamin A in the body, great for eye health. With a sweeter flavor, adding this to your fall favorites like pancakes or muffins make them a healthier version.

Prepared by: Molly Brinker, CSE Dietetic Intern

Source: SNAP-Ed Connection. United States Department of Agriculture. <http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce>

Food for Thought!

Apples are a good source of vitamin C and high in dietary fiber. There are 2,500 different varieties grown in the United States and NJ produces about 30 of them!

Bell Peppers are an excellent source of vitamin C. They come in a variety of bright colors including green, yellow, orange, and red!

Source: nj.gov

Keep up with all of the fun and nutritious things going on in our cafeterias and "like" us on Facebook! Maschio's Food Services, Inc.

Recipe Corner: Citrus & Ginger Roasted Pumpkin Seeds

Ingredients:

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|------------|------------------------------|
| 1 1/2 cups | pumpkin seeds |
| 2 Tbsp | melted butter (or olive oil) |
| 2 Tbsp | sugar |
| 1 tsp | ground ginger |
| 1/2 tsp | grated orange zest |
| 1/2 tsp | grated lime zest |

Directions:

1. Heat oven to 350°F.
2. Scoop out the inside of your pumpkin, and separate seeds from pulp.
3. In a bowl, toss the seeds with the melted butter, coating thoroughly. Add salt and seasonings.
4. Spread seeds in one even layer across a greased baking sheet (or you can use a cookie sheet covered in aluminum foil or parchment paper).
5. Bake for 30 minutes, or until the seeds are golden brown. Stir the seeds every so often while they're baking, so that they toast evenly.

