



Cafeteria Connection

January 2020

Beat Flu and Cold Season with Vitamin C

Winter has begun, and cold and flu season is upon us! You can prevent becoming a victim of this bug by regularly consuming foods that are rich in vitamin C. Vitamin C is known to strengthen your immune system, which helps your body fight off potential sickness. Some foods that are packed with vitamin C include red bell peppers, strawberries, oranges, and leafy green vegetables! Don't think twice about munching on some vitamin C packed goodness so you can stay happy and healthy all winter long!

Prepared by: Lia Ferranti, Dietetic Intern
Source: <https://kidshealth.org/en/kids/vitamin.html?WT.ac=ctg>

National Oatmeal Month

Did you know that January is National Oatmeal Month? Celebrate this tasty whole grain by making it a breakfast option each day! Oatmeal is a great breakfast choice that is packed with fiber, which helps keep you full until lunch time. Oats can be eaten a variety of different ways. For instance, you can add nut butters to add extra protein and healthy fats, or you can add berries for an additional source of vitamin C! As the temperatures continue to drop grab a cup of oatmeal to keep your stomach full and body toasty!

Prepared by: Lia Ferranti, Dietetic Intern
Source: <https://wholegrainscouncil.org/whole-grains-101/easy-ways-enjoy-whole-grains/grain-month-calendar/oats-%E2%80%93-january-grain-month>

Chef Steve's Vegetarian Three Bean Chili

Serves 12



Ingredients:

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| 3 Tbsp. Extra Virgin Olive Oil | 3 Cups Pinto Beans, rinsed and drained |
| 1 Each Large Yellow Onion, small dice | 2 Cups Chick Peas (Garbanzo Beans), rinsed and drained |
| 8 Each Garlic Cloves, minced | 2 Cups Black Beans, rinsed and drained |
| 3 Tbsp. Ground Cumin | 2 Each Diced Tomatoes (28oz Cans) |
| ½ Cup Ancho Chili Powder | 4 Each Diced Green Chiles (4oz Cans) |

Directions:

In a medium sized stock pot or sauce pan heat oil over medium high heat. Sauté the onion until translucent and soft about 6-8 minutes.

Add the chopped garlic, cumin, chili powder and cayenne; cook until fragrant, about 1-2 minutes.

Add the green chiles, sauté for another 1-2 minutes.

Add the tomato paste cooking for 2-3 minutes to cook out the raw flavor from the paste.

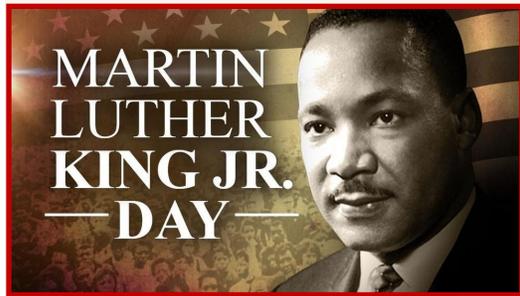
Add all the beans and diced tomatoes. Season with salt and pepper to taste.

Add the vegetable stock or broth; stir well to combine.

Cook for 30-45 minutes. Serve with tortilla chips and fresh chopped cilantro.

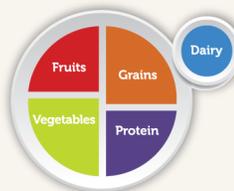
Mark Your Calendars...

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|------------|------------------------------|
| January | - National Oatmeal Month |
| January | - National Soup Month |
| January 1 | - New Year's Day |
| January 2 | - National Buffet Day |
| January 4 | - National Spaghetti Day |
| January 11 | - National Milk Day |
| January 20 | - Martin Luther King Jr. Day |



What Makes a Meal?

Each meal consists of **Five** components: Meat/Meat Alternate, 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**