

Cafeteria Connection

March 2024

National Nutrition Month

Did you know March is National Nutrition Month? During March, everyone is encouraged to learn about nutritious foods, make healthier food choices, and practice daily physical activity habits. Food is fuel for your body that keeps it running smoothly throughout your life; therefore, it is key to feed your body healthy foods of all kinds! Also, when you eat different foods, you feed your body various nutrients, and it is important to provide the body with multiple nutrients because each nutrient serves a purpose for your body. For example, the body needs three macronutrients to function correctly, carbohydrates, protein, and fat. Carbohydrates are the body's main energy source, which includes foods such as brown rice and whole wheat bread. The second macronutrient is protein, which builds, maintains, and replaces the tissues in your body. Eggs, tofu, and chicken are examples of protein foods. Lastly, fats are nutrients in food that the body uses to build cell membranes, nerve tissue, and hormones, and include foods such as nuts and olive oil. It's important to remember the body uses a combination of carbohydrates, protein, and fats to function properly, which is why eating various healthy foods is so important.

π What is Pi Day?

Pi Day is a mathematical national holiday that celebrates the mathematical symbol π , which represents the ratio of the circumference of any circle to its diameter. Since this ratio, no matter the size of the circle, always approximates to 3.14, pi is one of the most important and interesting mathematical facts, which is why it has its own national holiday.

Pi Day is celebrated on March 14th every year because the date 3/14 resembles the approximate value of pi, which is 3.14.

We choose to celebrate serving our favorite circle foods like pizzas and fruit pies!

3 FACTS ABOUT π

1. The symbol for Pi has been in use for over 250 years. The symbol was introduced by William Jones, a Welsh mathematician, in 1706. The symbol was made popular by the mathematician Leonhard Euler.
2. Since the exact value of pi can never be calculated, we can never find the accurate area or circumference of a circle.
3. Pi Day Holiday was first observed by Physicist Larry Shaw on March 14, 1988 at San Francisco's Exploratorium Science Museum.

March Holidays

Mar 2	National Read Across America Day (Dr. Seuss Day)
Mar 7	National Cereal Day
Mar 9	National Meatball Day
Mar 10	Daylight Saving Time (Spring Forward)
Mar 11	National Johnny Appleseed Day
Mar 12	National Girl Scout Day
Mar 13	National Registered Dietitian Nutritionist Day
Mar 14	National Pi Day
Mar 17	St. Patrick's Day
Mar 18	Global Recycling Day
Mar 19	Spring Begins
Mar 20	National Ravioli Day
Mar 20	International Day of Happiness
Mar 23	National Tamale Day
Mar 23	National Chia Day
Mar 24	National Cheesesteak Day
Mar 26	National Spinach Day
Mar 29	Good Friday
Mar 29	National Pita Day
Mar 31	Easter



March - Kale

Kale-Strawberry Salad

Serves 6-8

INGREDIENTS:

- 1 lb. Kale (approx. 3/4-1 bunch)*
 - 1/2 cup Vegetable or Olive Oil
 - 1/2 cup Strawberries, sliced
 - 1/4 cup Lemon Juice
 - 1 tablespoon Honey or Sugar
 - 1/4 teaspoon Salt
 - 1/2 teaspoon Pepper (Add more if you like!)
- * If using "ready to use" bagged Kale: Approx. 6 oz.

INSTRUCTIONS:

1. Wash kale & dry thoroughly.
2. Cut kale along sides of stem. Remove stems so you're only left with leaves.
3. Stack leaves & roll them up tightly lengthwise to resemble a tube shape. Cut across the top of the tube into very thin strips.
4. Add 1/4 cup of oil to kale. Massage oil into kale for 2 minutes.
5. Add strawberries to kale.
6. Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing.
7. Add dressing to kale. Mix. Refrigerate for 1 hour.

