

# Cafeteria Connection

## 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.

## What is Pi Day?

Pi Day is a mathematical national holiday that celebrates the mathematical symbol  $\pi$ , 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 PI

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

<b>Mar 2</b>	National Read Across America Day (Dr. Seuss Day)
<b>Mar 7</b>	National Cereal Day
<b>Mar 8</b>	Catholic Sisters Week
<b>Mar 9</b>	National Meatball Day
<b>Mar 10</b>	Daylight Saving Time (Spring Forward)
<b>Mar 11</b>	National Johnny Appleseed Day
<b>Mar 12</b>	National Girl Scout Day
<b>Mar 13</b>	National Registered Dietitian Nutritionist Day
<b>Mar 14</b>	National Pi Day
<b>Mar 17</b>	St. Patrick's Day
<b>Mar 18</b>	Global Recycling Day
<b>Mar 19</b>	Spring Begins
<b>Mar 20</b>	Feast of St. Joseph
<b>Mar 20</b>	National Ravioli Day
<b>Mar 20</b>	International Day of Happiness
<b>Mar 23</b>	National Tamale Day
<b>Mar 23</b>	National Chia Day
<b>Mar 24</b>	Palm Sunday
<b>Mar 24</b>	National Cheesesteak Day
<b>Mar 25</b>	Feast of the Annunciation
<b>Mar 26</b>	National Spinach Day
<b>Mar 29</b>	Good Friday
<b>Mar 29</b>	National Pita Day
<b>Mar 31</b>	Easter



## March - Salad Greens and Peas

### Green Salad with Peas

Serves 6

#### INGREDIENTS:

- 1 cup peas, fresh, frozen or canned
- 6 cups salad greens, torn in bite size pieces
- 1/2 cup chopped cucumber
- 1/2 cup low-fat salad dressing
- 1/2 cup Mozzarella Cheese



#### INSTRUCTIONS:

1. Thaw and drain frozen peas or rinse and drain canned peas.
2. In a large serving bowl, combine peas, salad greens and cucumber.
3. Add dressing just before serving. Toss to mix well. Sprinkle with Mozzarella cheese.
4. Refrigerate leftovers within 2 hours.

Enjoy!