

Cafeteria Connection

SEPTEMBER 2024

Happy National Whole Grains Month!

With September being national whole grains month, did you know that it is recommended to have 50% of our grain consumption to be whole grains? Some examples of whole grains include barley, quinoa, oats, brown rice, whole-grain pastas, breads and cereals. Whole grains are delicious, versatile and packed with health benefits. They have a variety of nutrients which may vary depending on the type of grain, but some of the most common examples include being rich in B vitamins, vitamin A and magnesium.

Whole grains are also a great source of fiber, which may help reduce the risk for heart disease, diabetes and some cancers. Fiber may also help lower blood pressure. To include more whole grains in your diet, try enjoying a whole-grain cereal for breakfast or even use wild rice or barley in soups, stews, casseroles and salads.

In your cafeterias, we ensure that you get your needed daily servings of whole grains by offering products that are at least 51% whole grain, such as the muffins, chicken nuggets and pizza. Make sure to check out all the whole-grain options at your school lunch line!

Dieticians Pick

Snap Bean and Sweet Pepper Sauté

Green beans are also called string beans or snap beans, which is a name they got because of the snapping noise they make when broken in half. Green beans are the most popular edible pod bean in the United States and they grow on a plant that is approximately 2 feet tall. Green beans can be enjoyed in many ways such as steamed, boiled, stir-fried or baked in casseroles. In this recipe, the green beans are sautéed with sweet bell peppers, which are both good sources of vitamin C. Vitamin C is an important vitamin that helps keep cells healthy and protects our bodies from diseases.



INGREDIENTS

- 1 pound Florida Snap Beans, stems trimmed
- 1 each Florida Red and Yellow Bell Pepper, seeded and julienne
- 2 teaspoons Olive Oil
- 4 Garlic Cloves, finely chopped
- 1/2 Lemon, juiced
- Sea Salt and Fresh Ground Black Pepper, to taste



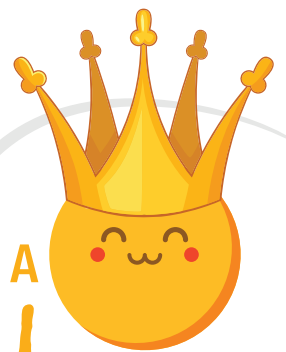
PREPARATION

In a large sauté pan, heat the olive oil over medium-high heat. Carefully add the bell pepper, cook for about 1 minute. Add the beans and cook for 3 to 5 minutes. Add the garlic and continue cooking for another minute or until crisp-tender. Add lemon juice and toss before serving.

September Holidays

National Hispanic Heritage Month 9/15-10/15	
Whole Grains Month	
Better Breakfast Month	
National Chicken Month	
National Food Safety Education Month	
National Rice Month	
Sept 2	Labor Day
Sept 14	Exaltation of the Cross
Sept 15	Our Lady of Sorrows
Sept 18	National Cheeseburger Day
Sept 22	Autumn Begins
Sept 24	Feast of our Our Lady of Mercy
Sept 25-29	Farm to School Week

Breakfast Like A King!



Have you ever heard the saying, *"Breakfast like a King; Lunch Like a Prince; Dinner like a Pauper"*? While the saying may not be 100% accurate, breakfast is definitely an important meal of the day. Eating breakfast in the morning gives your body the energy it needs to start the day and focus in class or at work.

Since September is **BETTER BREAKFAST MONTH**, it is a great opportunity to start off the school year with healthier breakfast choices. Try including grains, a source of protein, fruits and vegetables in your breakfast. A good source of grains could be whole-grain cereal, bread, or tortillas. Pair that with eggs, low-fat cheese, low-fat yogurt or a slice of lean deli meat. Having protein in the morning keeps you full until lunch. Try to include fruits and vegetables with a variety of colors to get a variety of different nutrients. Be creative and enjoy your breakfasts!