

# 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



### Zucchini Panzanella Salad with Crouton & Tomato

This recipe features grilled zucchini which is a great summer vegetable! Zucchini is also called a summer squash and unlike winter squash, zucchinis have soft, edible, thin outer skin. Zucchini contains 35% of the recommended daily value for vitamin C which is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and helps in the absorption of iron. It also has fiber and potassium, so give this recipe a try for an extra boost of vitamin C!



#### INGREDIENTS

- 1 cup Day Old Bread Cubes
- 1/2 bunch Jersey Fresh Mint
- 3 large Jersey Fresh Zucchini
- 2 TB Olive Oil, plus more for drizzling Bread
- 1/2 tsp Kosher Salt
- 1/4 tsp Cracked Black Pepper
- 1/2 pint Jersey Fresh Cherry Tomatoes
- 8 Jersey Fresh Basil Leaves
- 1 1/2 cups Red Wine Vinaigrette (see below)

#### Red Wine Vinaigrette

(Makes 1 cup)

- 1 Jersey Fresh Garlic Clove, minced
- 1 tsp Dried Thyme
- 1 tsp Dried Oregano
- 1/4 cup Red Wine Vinegar
- 3/4 cup Extra Virgin Olive Oil
- Salt and Pepper, to taste

#### STEPS

##### Make the red wine vinaigrette:

1. Mince the garlic
2. In the bottom of a small bowl, whisk together all of the ingredients, adding the olive oil last. (You can also shake this together in a jar.)

##### Prep the salad:

1. Trim the ends from the zucchini and slice lengthwise. (Getting about 5-6 slices from each.)
2. Cube the bread
3. Pick and chop the mint and halve the tomatoes

##### Instructions:

1. Preheat the oven to 325°F.
2. Toss the bread cubes with the chopped mint and a drizzle of olive oil. Spread in one even layer on a baking tray and place in the preheated oven, baking until just slightly golden. Remove from oven and allow to cool
3. Preheat grill or grill pan
4. Season the zucchini slices with olive oil, salt and pepper
5. Lay as many slices flat on your grill as it will accommodate. When you lay them down on the grill, you should hear a sizzle, which is how you will know the grill is hot enough. After 1-2 minutes, use tongs to flip the zucchini slices onto the other side
6. After another minute, remove from the grill and set aside to cool
7. Once the zucchini have cooled, toss the halved cherry tomatoes with the bread in a large mixing bowl
8. Add the grilled zucchini ribbons and half of your vinaigrette
9. Let this sit and marinate for about 5 minutes, or until the croutons just begin to soften
10. Serve on a plate topped with basil

## 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!

