

# 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

### Veggie Cheesesteak (Veggie Burger, American Cheese, Peppers, Onions)

This veggie cheesesteak is a great way to elevate your sandwiches while adding some extra nutrients! Being made with a veggie burger, peppers and onions, this sandwich is a great source of vitamin C and fiber. Bell peppers actually contain three times as much vitamin C as a citrus fruit! They also contain an antioxidant, lycopene, which may help reduce the risks of diseases. The veggie burger, peppers, and onions, all contribute to the fiber content of this sandwich, which is an important nutrient to be included in our diet to help with healthy digestion.



This vegetarian Philly cheesesteak is so easy to make and the result is a hearty and delicious sandwich! The blend of vegetable burger, caramelized onions, green peppers, and American cheese blend together for the perfect vegetarian cheesesteak! **COOK TIME 20 minutes, TOTAL TIME 20 minutes**

#### INGREDIENTS

- 1 large onion, cut into strips
- 1.5 green bell peppers, cut into strips
- 1.5 cups vegetable burger/substitute with mushrooms if you want
- 5 slices American cheese
- 1 tsp Oregano
- 2 tsp Lawry's Seasoning Salt [or 1 TSP regular salt]
- 1/2 tsp pepper
- 2 hoagie rolls, cut in half

#### INSTRUCTIONS

1. Preheat oven to 375°F
2. In a little bit of oil on medium-high heat, sauté strips of onion until translucent and brown, about 5-10 minutes.



## 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	
<b>Sept 2</b>	Labor Day
<b>Sept 18</b>	National Cheeseburger Day
<b>Sept 22</b>	Autumn Begins
<b>Sept 25-29</b>	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!

Once the onions start to cook, add in your green peppers and cook for a little until green peppers start to become soft.

3. Add in your vegetable burger (crumble it up) and all of the spices and mix until well combined. Sauté until browned and cooked.
4. Place your sliced hoagie rolls and one slice of American cheese each in the oven and cook until the inside of the bread is crispy to the touch.
5. Meanwhile, place 3-4 slices of American cheese on top of the veggie mixture in the pan. Cover the pan and let cook for 2-4 minutes or until the American cheese is melted. Once the American cheese is melted, take your spatula and mix until the cheese is combined throughout the Philly cheesesteak filling.
6. Remove the hoagie rolls from the oven once they are crispy. Carefully spoon half of the filling onto each of the two hoagie rolls. The filling will spill out but that is okay!
7. Serve immediately with chips, French fries, or a side salad!