

Cafeteria Connection

NOVEMBER 2024

National Sandwich Day!

Sandwiches come in all shapes and sizes. Many people may not know this, but if you choose your ingredients correctly, a sandwich can be a great way to have a healthy balanced meal! Whether it's a wrap, roll, toast or bagel, try choosing whole grain bread as the base of your sandwich. Add sliced tomatoes, lettuce, peppers, cucumbers or even spinach for a source of vegetables. Complete your sandwich with a protein source such as low-fat cheese, eggs, tuna, grilled chicken or turkey slices. To add more flavor, add a low-fat sauce such as low-fat mayonnaise or ranch. Celebrate **National Sandwich Day on November 3rd** by choosing a sandwich from the selection available at your school lunch line!

Dietitian's Pick

With vibrant yellow squash, juicy tomatoes and zucchini as its main ingredients, this gratin is rich in essential vitamins and minerals. Yellow squash is a summer squash that is made up of nearly 90% water. Yellow squash provides a good dose of vitamin C, vitamin A, and potassium. Tomatoes contain lycopene, which is an antioxidant known for its potential health benefits. Squash and tomato gratin can be a flavorful way to boost your intake of key nutrients while enjoying a satisfying meal.



Squash and Tomato Gratin

INGREDIENTS:

- 2 medium Florida Yellow Squash, thinly sliced
- 2 medium Florida Zucchini, thinly sliced
- 3 medium Florida Tomatoes, thinly sliced
- 2 Garlic Cloves, chopped
- 2 Shallots, chopped
- 1 tablespoon Fresh Basil, chopped
- 2 tablespoons Parmesan, grated
- 1/4 cup Breadcrumbs
- Olive Oil for drizzling
- Sea Salt and Fresh Ground Pepper, to taste

INSTRUCTIONS:

Preheat oven to 400° F. Lightly oil an 8-inch square baking dish. Evenly spread the garlic, shallots, and basil in the bottom of the prepared dish. Season with salt and pepper. Angle the yellow squash, zucchini and tomatoes in upright alternating layers (like shingles on a roof), repeating until all the vegetables are used in the casserole. Sprinkle the top with the cheese, then the breadcrumbs. Drizzle lightly with olive oil. Bake for 20 to 25 minutes, until the vegetables are tender. Let stand for 5 minutes before serving. *Enjoy!*



November Holidays

National Peanut Butter Lovers Month

National Pepper Month

- Nov 1** National Calzone Day
- Nov 3** Daylight Saving Time Ends
- Nov 3** National Sandwich Day
- Nov 5** National Donut Day
- Nov 6** National Nachos Day
- Nov 11** Veterans Day
- Nov 12** National French Dip Day
- Nov 12** National Chicken Soup for the Soul Day
- Nov 13** World Kindness Day
- Nov 25** National Parfait Day
- Nov 28** National French Toast Day
- Nov 28** Thanksgiving



Cinnamon! Beyond the Cinnamon Roll

Did you know that cinnamon comes from the bark of the cinnamon tree? With its pungent smell and flavor, cinnamon has been used as a spice for thousands of years. It has also been used in traditional medicine all over the world, including China and India.

We know cinnamon is a delicious spice, but does it have any health benefits? There have been several studies that suggest cinnamon may lower blood sugar and may help lower blood pressure, however, no claims can be made yet. Whether you enjoy cinnamon on your oatmeal or in a cinnamon roll, make sure to celebrate **National Cinnamon Day on November 1st!**

