

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

Honey roasted squash is a delectable side dish but also a nutritious addition to any meal. In this recipe, butternut squash is used which can have ivory, yellow or orange skin. It grows on vines and has yellow flowers. Butternut squash is high in fiber which helps keep your digestive system healthy and helps you feel full and satisfied. It is also loaded with potassium, vitamin C, vitamin A and other antioxidants. With its combination of nutrients and delicious taste, honey roasted squash is a wholesome addition to any meal.



Honey Roasted Golden Squash

Servings: 4

INGREDIENTS:

- 1 Butternut Squash (peeled, seeds removed, & cut into chunks)
- 2 tablespoons Olive Oil
- 2 tablespoons Honey
- 1/4 teaspoon Ground Cinnamon (optional)
- Salt & Pepper to taste

INSTRUCTIONS:

1. Preheat oven to 400° F and move the rack to the middle position.
2. Cut the squash in half lengthwise and scoop out the seeds with a spoon. Peel the squash. Cut the squash into pieces that are roughly equal-sized (about 1" pieces).
3. Add the squash, oil, honey, cinnamon, and salt & pepper to a baking sheet. Toss until everything is coated. Arrange in an even layer.
4. Roast squash for 20-25 minutes, tossing halfway through, or until the squash is cooked. Time will vary depending on how big the pieces are.

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!**

