

Cafeteria Connection

OCTOBER 2025

October is National Farm to School Month!

Maschio's will be celebrating our local farmers and providing students with fresh offerings this entire month! Farm to School month helps raise awareness of the importance of fresh fruits and vegetables that promote a nutritionally balanced diet. Students are excited to learn where their food comes from.

Congress designated October as Farm to School Month in 2010 to connect students with local food and improve nutrition by integrating local food into the cafeterias, classrooms, and gardens. It's a dedicated time to celebrate and promote the connections being made between students, local farmers, and the food they eat.

Help celebrate this month at home by making our **Recipe of the Month!**



Maschio's Sustainability Coordinator, Denise Menza, shown here with one of our partner farms, Ort Farms.

Dietitians Pick

Orange Salsa

We've all had salsa before, but have you ever tried orange salsa? This recipe features a mixture of oranges, peppers, scallions and cilantro, which makes it a delicious side or dip! Oranges, the star of this salsa, provide a generous dose of vitamin C, which is important for immune function and skin health, while also offering fiber and antioxidants. Orange trees also grow white flowers called orange blossoms. Florida actually produces 70% of the U.S. crop of oranges! Additionally, the addition of fresh herbs like cilantro not only enhances the taste but also adds a touch of antioxidants to the dish. With its refreshing taste and nutrient-rich ingredients, orange salsa is a healthy addition to any meal.



INGREDIENTS

- 2 large oranges, peeled and cut into chunks
- 1 medium tomato, seeded and diced
- 1/2 cup minced red onion
- 1/4 medium jalapeno pepper, minced
- 1 tablespoon apple juice
- 1 teaspoon grated orange zest
- 1 teaspoon minced garlic
- 1/2 teaspoon minced fresh ginger root
- 1 pinch salt
- 1 tablespoon chopped fresh cilantro



INSTRUCTIONS

Combine oranges, tomato, onion, jalapeño, apple juice, orange zest, garlic, ginger, and salt in a bowl; toss to combine. Cover and refrigerate until chilled, about 30 minutes. Stir in cilantro before serving. *Enjoy!*

OCTOBER Holidays

Farm to School Month
Vegetarian Month
National Chili Month
National Pizza Month



- Oct 1** World Vegetarian Day
- Oct 1** Feast of St. Therese of Lisieux
- Oct 2** Feast of the Guardian Angels
- Oct 4** Feast of St. Francis of Assisi
- Oct 5** Feast of Saint Faustina
- Oct 7** National Taco Day
- Oct 7** Feast of Our Lady of the Rosary
- Oct 8** National Pierogi Day
- Oct 12** National Farmer's Day
- Oct 13-17** National School Lunch Week
- Oct 13** Columbus Day
- Oct 13** Indigenous People's Day
- Oct 15** Feast of Saint Teresa of Avila
- Oct 17** National Pasta Day
- Oct 20** National Chicken & Waffles Day
- Oct 20** International Chef's Day
- Oct 21** National Apple Day
- Oct 22** Feast of Saint Pope John Paul II
- Oct 29** National Oatmeal Day
- Oct 31** National Breadstick Day

Celebrating National School Lunch Week October 13-17

"TASTE THE WORLD: Your School Lunch Passport".

This year's theme encourages schools to introduce students to diverse global cuisines to promote a sense of connection and understanding. **National School Lunch Week (NSLW)** is organized by the School Nutrition Association (SNA) and promotes the importance of fruits, vegetables, whole grains, and low-fat dairy in school meals to support student health and academic performance. Students will enjoy a week of special events, theme days, and resources to encourage student participation in nutritious eating and foster a better understanding of the role school meals play in a child's well-being. Maschio's Food Services serves international recipes throughout the school year, however, this week especially will have plenty of delicious surprises. **National School Lunch Week** was created by President John F. Kennedy in 1962.

