

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

Apple Cinnamon Oatmeal

Apple cinnamon oatmeal is a nutritious breakfast option that contains fiber, vitamins, and minerals. Oats are rich in a type of fiber called soluble fiber, which helps in digestion and helps regulate blood sugar levels. Apples are a great fruit that also have fiber, vitamin C, antioxidants, and other nutrients. Did you know that one apple tree produces 840 pounds of apples per year? The combination of apples and oatmeal in this recipe makes for a satisfying and wholesome meal and is a delicious and nutritious way to start the day!



Servings: 5

INGREDIENTS

- 2 cups Rolled Oats
- 3 3/4 cups Water
- 3 small Sweet Apples OR
- 2 cups Apple Pieces diced small
- 1/2 teaspoon Kosher Salt
- 1/2 teaspoon Cinnamon dash of Nutmeg
- 1/4 cup plus 1-2 tablespoons Brown Sugar, adjust to taste
- Butter (a teaspoon or so for on top of each serving)

OPTIONAL:

Chopped Pecans (just a sprinkling for each bowl)

INSTRUCTIONS

1. Combine the oats, water, apples, cinnamon and nutmeg in a medium size sauce pan. Bring to a boil over medium high heat, stirring occasionally.
2. As soon as it boils, reduce heat to low and simmer for just a few minutes, until the oats are soft and the apples are tender. Remove from the heat and add brown sugar to taste.
3. The sweeter the apples, the less brown sugar you will need. Scoop into serving bowls and top with butter and pecans if desired.

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.

