

Cafeteria Connection

NOVEMBER 2025

Sandwiches The Food Loved Worldwide

On November 3rd, we commemorate National Sandwich Day in honor of John Montagu, the 4th Earl of Sandwich. This began in the English town of Sandwich in 1762. John Montagu is thought to have been hungry during a gambling night and asked the house cook for a piece of meat sandwiched between two pieces of bread so that his cards wouldn't become greasy and he could continue the card game with his other hand. He enjoyed sandwiches so much he would even request them when he wasn't gambling and the trend was born. It took on the name "sandwich" as it grew in popularity.



Today, sandwiches are enjoyed all over the world with some varieties being more popular in certain countries than others. The United States has a very wide variety of hot and cold sandwiches and Americans consume approximately 300 million sandwiches every day. School cafeterias across our nation serve sandwiches daily with Grilled Cheese being the most popular and the Chicken Sandwich coming in 2nd place.

Dietitian's Pick

Honey-roasted golden squash is a delectable side dish but also a nutritious addition to any meal. Squash is high in fiber, which helps keep your digestive system healthy and keeps you feeling 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 Golden 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** All Saints' Day
- Nov 1** National Calzone Day
- Nov 2** Feast of the Souls in Purgatory
- Nov 2** Daylight Saving Time Ends
- Nov 3** National Sandwich Day
- Nov 6** National Nachos Day
- Nov 10** Feast of St. Leo the Great
- Nov 11** Veterans Day
- Nov 12** National French Dip Day
- Nov 12** National Snack Day
- Nov 12** National Chicken Soup for the Soul Day
- Nov 13** World Kindness Day
- Nov 15** Feast of St. Albertus Magnus
- Nov 18** Feast of St. Rose Philippine Duchesne
- Nov 22** Feast of St. Cecilia
- Nov 23** Feast of St. Clement of Rome
- Nov 25** National Parfait Day
- Nov 27** Thanksgiving
- Nov 28** National French Toast Day
- Nov 29** Sunday of Advent



Corn and it's Delicious History



Corn was first planted as a wild grass called teosinte over 9,000 years ago. Over time, teosinte was developed and cultivated by humans into what we know as corn today. Ancient peoples in southwest Mexico cultivated corn, eventually all Native Americans consumed corn and it spread to all of the Americas. Later, Christopher Columbus brought corn back to Europe in the late 15th century. From there, its cultivation rapidly expanded across Europe, Africa, and eventually the globe. There are various types of corn, including sweet white corn, traditional yellow corn, and multicolored corn, which comes in a range of colors such as red, blue, and orange. In addition, corn with larger kernels can be ground to make cornmeal, some flours, and grits, a porridge made from coarsely ground, dried, and hulled corn. Corn is a starchy vegetable and should be picked when the silks begin to turn brown. At this stage, it begins to develop more starch, which can overpower the sweetness. Finally, corn contains fiber to aid in digestion and antioxidants that help protect our eyes from sun rays and blue light from electronics.

