

Cafeteria Connection

February 2026

Sweet Strawberries for Valentine's Day

Whether it's their color or heart shape, many adore strawberries, especially around Valentine's Day. Strawberries not only taste good but they come with many health benefits. Strawberries are low in sodium and are a good source of vitamins such as vitamin C and minerals, including potassium, which is important for a healthy heart, as well as nerve, kidney and muscle contraction. Strawberries are grown in every state and around the world. "In the United States consumption grew from 2 pounds per person in 1980 to 8 pounds in 2013, according to the USDA." So, why do people enjoy strawberries for Valentine's day? In a Cherokee creation story, a fight between the first man and woman is resolved by a heavenly gift of strawberries. In European art, strawberries have been associated with holiness. Fresh or frozen, strawberries can be enjoyed many different ways. Experts say you should look for red fruits with bright green caps, and if you're thinking about chocolate dipped strawberries this Valentine's Day try dark chocolate for dipping. Dark chocolate has a lot of cocoa which is high in healthy flavonoids that can keep us feeling our lovely best!



Dietitian's Pick



This avocado, corn, and cucumber salad is a refreshing addition to any meal! It is packed with fiber from the corn and cucumber, while the avocado adds healthy fats called monounsaturated fats. Monounsaturated fats are a type of healthy dietary fat found in certain foods, including avocados, nuts, seeds, and vegetable oils like olive oil. They help reduce inflammation in the body, which is important for having a healthy heart. Additionally, monounsaturated fats provide long-lasting energy and help our body better absorb fat-soluble vitamins such as vitamin A, D, E and K. Together, the ingredients in this salad create a salad that is rich in fiber, vitamins, minerals, and antioxidants.

Avocado, Corn and Cucumber Salad



INGREDIENTS:

- 1 Avocado, diced small
- 2 ears Sweet Corn, cut off cob
- 1 large Cucumber, diced small
- 2 tablespoons Fresh Dill, chopped fine
- 1 Lime, juiced
- Sea salt and fresh ground pepper, to taste



INSTRUCTIONS:

Combine all ingredients and thoroughly mix. Cover and refrigerate for 30 minutes before serving

Enjoy!

February Holidays

Black History Month

National Heart Month

National Grapefruit Month

Feb 2 National Ground Hog Day

Feb 2 National Tater Tot Day

Feb 7 National Fettuccine Alfredo Day

Feb 9 National Pizza Day

Feb 13 National Cheddar Day

Feb 13 National Tortellini Day

Feb 17 President's Day

Feb 20 National Muffin Day

Feb 24 National Tortilla Chip Day

Feb 27 National Chili Day

Feb 27 National Strawberry Day

Feb 28 National Pancake Day



Lunar New Year -

Year of the Horse!

Lunar New Year begins on February 17th, it's the Year of the Horse. Similar to western culture's new year, some Asian families will stay up late on Lunar New Year's Eve and send good wishes to other family members and friends at midnight. Parents will give out small red envelopes that have money inside to children. Homes will be decorated with kumquat trees (symbolizing wealth & good luck), wearing lucky colors (yellow, red), and eating lucky food like rice dumplings (family togetherness), fried flour-coated peanuts (vitality), walnut cookies (happiness), etc. are popular ways to get lucky.

Our school cafeterias will enjoy Asian themed food stations & Chef Days! We look forward to celebrating soon!

**HAPPY
Lunar
NEW YEAR**