Cafeteria Connection

Maschio's Food Services, Inc.

March 2026

March 1st National Fruit Compote Day

Compote can be a mixture of berries, citrus fruits or stone fruits such as peaches, apricots, cherries and plums. This French word compote means "mixture" or "stewed fruit". There is a recipe for a pear compote that dates back to the 15th century. Compote originated in Europe during medieval times, where they were commonly served as afternoon snacks, topping biscuits, breads, and sour cream. Fresh or frozen fruits are cooked down with aromatics such as cinnamon or cloves and a small amount of sugar. The natural juices combine with the sugar from the fruit to create a sweet syrup. Fruit compote can be enjoyed hot, warm or chilled and paired with yogurt, oatmeal and breads.

Dietitian's Pick

Roasting radishes is a great way to enjoy this root vegetable since radishes are typically known for their peppery taste and crisp texture when raw, roasting them brings out their natural sweetness and mellows their sharpness. Did you know that radishes originated thousands of years ago in China, Egypt and Greece? Also, the biggest crops of radishes in the U.S. are grown in California and Florida. Radishes are rich in fiber, which supports digestive health and promotes feelings of fullness. Additionally, radishes contain vitamin C, an antioxidant that boosts immune function and promotes skin health, as well as potassium, which helps regulate blood pressure and muscle function.

Roasted Florida Radishes

FLORIDA HARVEST OF THE MONTH

INGREDIENTS:
- 3 cups Florida Radishes, trimmed and halved
- 3-4 sprigs Fresh Rosemary, minced
- 1 bunch Fresh Parsley, for garnish
- 1 tablespoon Garlic, minced
- 1 tablespoon Olive Oil
- 1 tablespoon Butter, melted
- Sea salt and Fresh Ground Pepper, to taste

INSTRUCTIONS:
1. Preheat oven to 400°.
2. Combine ingredients and toss to evenly coat.
3. Pour onto a sheet pan and roast for 35-40 minutes, stirring halfway through cooking time.
4. Taste and readjust seasoning if needed. Garnish with fresh parsley, if desired.

Fresh Tip: *A final sprinkle of sea salt after roasting brings out the sweetness of the radish.*

March Holidays

National Nutrition Month
March 1 National Nutrition Day
March 2 Dr. Seuss Birthday, Read Across America
March 2-6 National School Breakfast Week
March 3 National Cold Cuts Day
March 7 National Cereal Day
March 8 Daylight Savings Time
March 9 National Meatball Day
March 11 National Registered Dietitian Nutritionist Day
March 14 National Pi Day
March 17 Saint Patrick's Day
March 18 National Sloppy Joe Day
March 19 Saint Joseph, Spouse of the Blessed Virgin Mary
March 19 National Poultry Day
March 20 Spring Begins
March 20 National Ravioli Day
March 24 National Cheesesteak Day
March 25 The Annunciation of the Lord
March 26 National Spinach Day
March 29 Palm Sunday

March 7th
National Cereal Day

CEREAL GRAIN CROPS include wheat, barley, oats, corn and rice to name a few. Cereal grain crops are grains that come from cultivated grass. These crops are the largest in the world. The Roman goddess of grains and crops is named Ceres. It's said that the word cereal is derived from her name. Most cereal grains can be ground into flour and used for baking as well.

BREAKFAST CEREAL
Cereal grains are processed and made into breakfast cereals. One of the first breakfast cereals was created in part by James Caleb Jackson around 1863. His bran nuggets needed to be soaked overnight to be tender enough to eat and were eventually thought of as inconvenient. In 1895 the Kelloggs brothers established Kellogg's Corn Flakes. Do you remember the large pillow-shaped portion of shredded wheat that had to be soaked in hot water for 30 seconds, then drained before adding milk? Also in 1895 shredded wheat became popular as it was being made by Henry Perky in Denver Colorado. This shredded wheat is still around today. By 2012 there were an estimated 4,945 varieties of cereal! What is your favourite cereal? Try adding fresh berries or sliced bananas to your favorite cereal to start the day.