

Cafeteria Connection

SEPTEMBER 2026



Looking Forward to a Great School Year!

We're excited to welcome students back for another year of learning, laughter, and growth. A special thank-you goes to our teachers and staff who have worked hard to prepare for a successful start.

Delicious, nutritious, and exciting meals are ready in the cafeteria every day. Here are two highlights we're looking forward to this year:

Chef Day Events

Throughout the year, our corporate chefs will visit school cafeterias to host special Chef Day events. Students can enjoy hands-on food tastings featuring the month's seasonal harvest, plus popular themed food bars such as our famous Burrito Bar, BBQ Bar, Panini Bar, and more. These events make mealtime fun, educational, and memorable.



Food Advisory Committee Meetings

Student participation is the heart of a successful school meal program, and we are proud of our more than 30 years of excellence in child nutrition. We invite faculty, parents, students, and administrators to join our Food Advisory Committee meetings. These gatherings offer a welcoming forum to share feedback, ask questions about the menu, and suggest ideas. Your input is valued and often put into action right away.

Please contact your school's main office for meeting dates and details. We look forward to partnering with you to make school meals something students truly enjoy!

Dietitians Pick



Roasted Vegetable Ratatouille

Brighten up your meal with this Roasted Vegetable Ratatouille! Inspired by the classic French vegetable stew that originated in the sunny city of Nice, France, this dish combines tender eggplant, vibrant zucchini, and yellow squash picking fresh right now across Florida. These local favorites deliver fiber to keep your tummy happy, along with an immune-fighting boost of Vitamin C. Juicy grape tomatoes, garlic, olive oil, and fresh torn basil tie all of these savory flavors together over brown rice for a warm, delicious meal. Did you know that eggplants got their name because the very first varieties grew in small, white, oval shapes that looked just like chicken eggs sitting in a nest?



SEPTEMBER HOLIDAYS

National Hispanic Heritage Month	9/15-10/15
Whole Grains Month	
National Chicken Month	
National Food Safety Education Month	
National Rice Month	
Sept 7	Labor Day
Sept 8	Feast of the Nativity of the Blessed Virgin Mary
Sept 14	Feast of the Exaltation of the Holy Cross
Sept 15	Our Lady of Sorrows
Sept 18	National Cheeseburger Day
Sept 21	Feast of St. Matthew the Apostle
Sept 21-25	Farm to School Week
Sept 22	Autumn Begins
Sept 29	Feast of Sts. Michael, Gabriel, and Raphael, Archangels

Roasted Vegetable Ratatouille



INGREDIENTS:

1 Eggplant, diced large
 1 Zucchini, diced large
 1 Yellow Squash, diced large
 1 pint Cherry Tomatoes
 3 cloves Garlic, minced
 4-6 leaves Basil, torn
 3 tablespoons Olive Oil
 Sea Salt and Fresh Ground Pepper, to taste

INSTRUCTIONS:

Preheat oven to 425°. Add the cherry tomatoes, 1 tablespoon olive oil, and salt and pepper to a baking pan, mix to coat and set aside. In a separate baking pan, add all the remaining ingredients, 1 to 2 tablespoons of olive oil, and salt and pepper. Do not add basil. Place both pans in the oven for about 15 minutes, or until desired tenderness.

Remove the pans and combine ingredients into 1 bowl. Add torn basil leaves. Serve as a side or as an entrée over brown rice.