

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



Tomato & Corn Salad

Fuel your body with this bright Jersey Fresh super-power salad! New Jersey is proud to be the home of sweet and savory Jersey tomatoes that are not only delicious, but also nutritious. The fiber in tomatoes helps food move smoothly through your digestive system, so adding them to salads, sandwiches, omelets, and wraps is a great way to boost your daily fiber intake! Tomatoes contain lycopene, a powerful antioxidant that gives red and pink fruits and vegetables their vibrant color while supporting heart health and skin protection. Grape tomatoes give you an extra boost of fiber, antioxidants, and Vitamin C to keep your immune system strong. In fact, grape tomatoes get their name because they don't just look like grapes—they actually grow on the vine in tight clusters, just like a bunch of grapes! Sweet corn delivers healthy energy and fiber for a happy gut, crunchy cucumbers keep you hydrated for all-day back-to-school fun, and fresh basil paired with zesty lemon juice brings all of these delicious flavors together.



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 18

National Cheeseburger Day

Sept 21-25

Farm to School Week

Sept 22

Autumn Begins

Tomato & Corn Salad



SERVES 6

INGREDIENTS:

- 1 pint of Cherry Tomatoes
- 1/2 cup Cucumber (seeded, diced)
- 1/4 cup Fresh Basil
- 1 1/2 cups Corn
- 2 teaspoons Olive Oil
- 2 teaspoons Lemon Juice
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Pepper

INSTRUCTIONS:

1. In a large bowl, combine olive oil & lemon juice.
2. Add garlic powder, pepper, & fresh basil. Stir mixture until flavors are incorporated.
3. Toss the cherry tomatoes, corn, & cucumbers in the herb mixture. Salt to taste. Garnish with fresh basil.

