

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 Potatoes & Turkey Hash

Elevate your meal with this hearty Roasted Potatoes & Turkey Hash! Local potatoes are at their peak harvest in September across Pennsylvania and Maryland, bringing farm-fresh flavor straight to your plate. These nutrient-packed spuds deliver healthy carbohydrates for long-lasting energy to keep your body and mind fueled all day long, while lean ground turkey provides powerful protein to build strong muscles. Sweet red and green bell peppers add a crunch of immune-boosting Vitamin C, while garlic, sage, and a splash of applesauce bring even more delicious flavor. While U.S.-grown potatoes are delicious, did you know potatoes were the very first vegetable ever grown in space? In 1995, potato plants were taken aboard the Space Shuttle Columbia to test if crops could grow in microgravity! Scientists chose them because they are packed with nutrition and are super space-efficient to grow.



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

Roasted Potatoes & Turkey Hash

INGREDIENTS:

FOR THE POTATOES:

6.4 oz (approx. 1 1/4 cups) canned, Diced Potatoes, drained
3/4 tsp Canola Oil (set aside another 3/4 tsp for the Turkey)
3/4 tsp fresh Minced Garlic
Pinch of Salt
Dash of White Pepper

FOR THE TURKEY & PEPPER MIX:

2.2 oz (approx. 1/4 cup packed) Raw Ground Turkey Breast
1.4 oz (approx. 1/3 cup) Fresh Red Bell Peppers, diced
0.6 oz (approx. 2.5 Tbsp) Fresh Green Bell Peppers, diced
3/4 tsp Canola Oil (from the step above)
Pinch each: Salt, Cayenne Pepper, Ground Sage, Red Pepper Flakes, Garlic Powder, Onion Powder
1/4 tsp Whole Coriander Seeds
1 tsp Unsweetened Canned Applesauce

INSTRUCTIONS:

1. SEASON THE POTATOES: In a bowl, toss the drained potatoes with 3/4 tsp oil, minced garlic, a pinch of salt, and a dash of white pepper.

2. ROAST: Spread the potatoes out on a small baking sheet. Bake at 375° in a standard oven for 15-20 minutes (or 350° if using a convection oven for 10-15 minutes) until tender and hot. Set aside.

3. COOK THE TURKEY: Heat the remaining 3/4 tsp of oil in a skillet over medium-high heat. Add the ground turkey and cook for 2-3 minutes, stirring occasionally.

4. SEASON THE TURKEY: Add the red and green bell peppers, applesauce, coriander seeds, applesauce, and the remaining pinches of spices (salt, cayenne, sage, red pepper flakes, garlic powder, and onion powder). Cook for another 3-5 minutes until the turkey is fully cooked through.

5. COMBINE & SERVE: Pour the turkey and pepper mixture over your roasted potatoes. Toss gently to combine.

