

Cafeteria Connection

March 2018



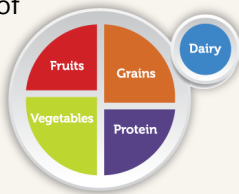
Citrus fruits such as oranges, grapefruits, lemons and limes come from flowering trees and shrubs. Oranges can make a perfect snack, while other citrus can add a touch of flavor to any dish. Did you know citrus fruits are also loaded in vitamin C? Eat whole citrus fruits to stay healthy!

Mark Your Calendars...

- National Celery Month
- National Nutrition Month
- Mar 2nd** Dr. Seuss' Birthday
- Mar 7th** Cereal Day
- Mar 5th-9th** National School Breakfast Week
- Mar 5th** International School Meals Day
- Mar 20th** National Agriculture Day
- Mar 26th** National Spinach Day

What Makes a Meal?

Each meal consists of **Five** components:
Meat/Meat Alternate, Grain, Vegetable, Fruit, and Milk



For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**



Chef Steve served Breakfast for Lunch with Strawberry Banana Smoothies for a "Breakfast Bonanza" Chef Day at Fairfield-Stevenson School.

Swing into Spring Foods

Spring is just around the corner. After a long winter, now is a great time to refresh and add a new variety of seasonal foods into your diet. Here are just a few tips to incorporate some spring foods into your daily routine.

Try some Spinach: High in vitamins A and C, spinach goes great in salad and soup or sautéed as a side dish. If you (or your children) are not a fan of the flavor of spinach, add it to your smoothies for the nutritional health benefits without the taste!

Don't Forget the Calcium: Yogurt is a great way to add calcium and protein into your daily routine. Have it plain or mix in some fresh fruit for added flavor and vitamins. If you want to really jazz things up, create your own yogurt parfait. Layer yogurt and fresh fruit, then top with a whole grain cereal or granola.

Super Strawberries: Packed with vitamin C, strawberries are a fruit that can be used in breakfast, lunch, dinner, and snack recipes! Add strawberries to your salad, smoothie or create your own homemade dried fruit and strawberry snacks by baking them in the oven!

A for Asparagus: Asparagus is an outstanding source of vitamins A and K which help with eye health and bone building. While you might think this vegetable only comes in the green variety, asparagus also comes in purple and white, adding a pop of color to your dishes. If you are looking for a way to encourage your children to broaden their vegetable palate, try rolling asparagus in whole wheat bread crumbs and baking for an extra crunchy spring treat.

Prepared by: Lorraine Kunick, RD and Lydia Maggio, RD
Source: www.eatright.org

Foods Children Can Grow in the Garden

For some children, fruits and vegetables may not be at the top of their favorite foods list. However, research shows that having the children be an active participant in the fruit and vegetable growing process may entice them to consume more fruits and vegetables. Not only is gardening useful for introducing children to fruits and vegetables they may not regularly try, it is also a great excuse to get them outside! Try these tips to get started:

1. Go with Their Interest: It's no secret children have different likes and dislikes. One child may be interested in the start to finish process of growing a tomato, while another child may only find it exciting to pick the tomatoes when they are fully grown. Wherever the child's interest lies, go with it, there is no right or wrong way to learn.

2. Make Kids Part of the Process: Ask your child which fruits and vegetables they'd like to grow. Remember to take into account your region of the country and what season it is.

3. Try Herbs: If you are looking for an *almost* fool proof thing to grow, start with herbs! Try one or two herbs to begin with such as basil or mint. If you have an excess amount of the herb you are growing, research different recipes that use that herb. For example, basil can be repurposed into pesto and mint pairs nicely with homemade lemonade.

4. Use Your Resources: If you do not have the space for a garden, have no fear. Large pots can be used for vegetables like tomatoes, radishes, or lettuce and most herbs grow great in a windowsill.

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Chef Maureen's Spinach & Swiss Frittata

Serves 6

Ingredients:

4 Slices Turkey Bacon
2 Tbsp Canola Oil
1/2 Onion, chopped
2 Cups Fresh Spinach, washed and chopped
2/3 Cup Shredded Swiss Cheese

10 Eggs
1/2 Cup Skim Milk
1 Tsp Salt (to taste)
1/4 Tsp Pepper
1/4 Tsp Nutmeg
1 Tbsp Fresh Parmesan, grated (if desired)

Directions:

- Pre-heat oven to 350° F.
- Heat oil in a 10-inch oven proof skillet over medium high heat.
- Add turkey bacon and cook until slightly crisp.
- Remove turkey bacon and drain on paper towel. Chop turkey bacon.
- Leave about 1 Tbsp of bacon infused oil in pan, draining the rest.
- Sauté chopped onion in skillet until tender but not brown, add spinach to skillet over medium heat and stir just until wilted.
- Crumble bacon and add to skillet.
- Whisk eggs, milk, and seasonings together and add to skillet. Make sure spinach and bacon are evenly distributed in skillet.
- Top eggs with Swiss cheese and allow skillet to sit on burner over medium heat for 4 minutes.
- Sprinkle grated Parmesan on top.
- Place skillet into preheated 350° F oven and bake about 10-12 minutes or until center is done and the frittata is firm. Serve immediately.



Celery is a good source of vitamin K, vitamin C, vitamin A, and fiber. Did you know... The root of the celery stalk, celeriac, is also used as a vegetable in soups, stews, or mashed like potatoes!