# Maschio's Food Services Cafeteria Connection

OCTOBER 2011

"Healthy Meals Grow Healthy Kids!"

## Did You Know?

**October is the Month to Celebrate:**

National School Lunch Week: 10th-14th
World Food Day– 16th
National Popcorn Month
National Chili Month
Vegetarian Month
Columbus Day-10th
Halloween– 31st

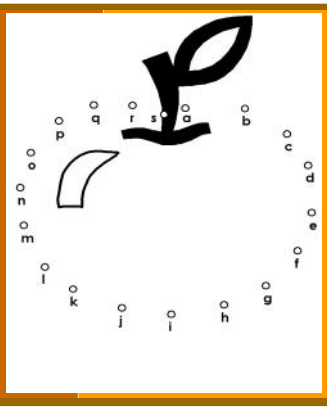
**Celebrate National School Lunch Week October 10th-14th!**

School Lunch LET'S GROW HEALTHY

**Maschio's provides well-balanced, nutritious lunches that help students grow healthy, learn healthy habits and play an important role in academic achievement!**

**Be sure to take all five meal components for lunch to stay energized and full!**

**HEALTHY MEALS GROW HEALTHY KIDS!**



## WORD SCRAMBLE:

SEPPAL _____

LSCHOO UNLHC _____

SHUAQS _____

ORNPCPO _____

Apples, school lunch, squash, popcorn

## FRUIT OF THE MONTH

**APPLES**

## VEGETABLE OF THE MONTH

**SPAGHETTI SQUASH**

## POPCORN FUN FACTS:

*Popcorn is a whole grain. It is made up of three components: the germ, endosperm, and bran.*

*If you made a trail of popcorn from New York City to Los Angeles, you would need more than 352,028,160 popped kernels!*

*How high can popcorn kernels pop?*

*Up to 3 feet in the air!*

**A COMPLETE LUNCH INCLUDES:**

PROTEIN
GRAINS
FRUIT
VEGETABLE
LOW FAT
MILK

***Take All 5!***

## HEALTHY FACTS

*Americans eat about 120 apples a year!*

*New Jersey produces about 30 different varieties of apples!*

*The vitamin C increases in the apple as it ripens. With the skin on, apples have twice as much fiber!*

*Spaghetti Squash is a winter squash that looks like a bright yellow watermelon, with stringy flesh that resembles spaghetti and can be used to replace spaghetti in a recipe!*

*The larger the squash= thicker strands= more flavorful taste*

*Spaghetti Squash seeds can be roasted just like pumpkin seeds for a delicious snack!*

## RECIPE CORNER

**Reinvent Pasta Night with Spaghetti Squash with Marinara Sauce! Spaghetti Squash can be microwaved, baked, or boiled.**

Ingredients

1 small spaghetti squash (about 3 pounds)
2 tea spoons olive oil
2 shallots, minced
2 garlic cloves, minced
1 can(28-ounces) crushed tomatoes
1 teaspoon dried thyme
1/2 teaspoon dried rosemary salt and freshly ground black pepper
3 tablespoons chopped fresh basil, divided
1/4 cup freshly grated Parmesan cheese

Directions : *Preheat the oven to 375 degrees F.*

*Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl.*

*Heat olive oil in a medium saucepan over medium-high heat. Add the shallots and garlic and sauté , stirring frequently, for 2 minutes, until shallots are translucent.*

*Add the tomatoes, thyme, and rosemary and season with salt and pepper. Bring to a boil, stirring frequently. Reduce the heat and simmer for 10 minutes, stirring frequently. Remove the pan from the heat and stir in 2 tablespoons of the basil.*

*Divide squash strands amongst 8 plates and top each serving with sauce, remaining basil, and Parmesan cheese. Serve immediately and enjoy!*

*Source: Dole.com and food.com*