

Did You Know?

September is the Month to Celebrate:

America on the Move

Jersey Fresh Farm to School Week

National Potato, Chicken,

Honey, Rice, Mushroom Month

Hispanic Heritage Month

National 5 A Day Month



Maschio's Food Services

Cafeteria Connection
SEPTEMBER 2011

"Healthy Meals Grow Healthy Kids!"

WELCOME BACK!

A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

LOW FAT MILK

Take All 5!

Coming Soon to Your School...

MASCHIO'S CHEF TO SCHOOL PROGRAM

Chef Mike will visit in your school this year and will be bringing new healthy recipes, his cooking skills and enthusiasm!

Look for the educational handouts and special prizes!

EAT FARM FRESH EVERYDAY!



SEPTEMBER 26-30TH IS JERSEY FRESH FARM TO SCHOOL WEEK!

ALL SCHOOLS WILL BE CELEBRATING BY FEATURING EITHER A LOCAL FRUIT OR VEGETABLE ON THEIR LUNCH MENU ONCE A WEEK IN SEPTEMBER AND FOR THE ENTIRE JERSEY FARM TO SCHOOL WEEK!

ENJOY FARM FRESH PRODUCE AT HOME!

VISIT YOUR LOCAL FARMERS MARKET AND SELECT FROM FRUITS AND VEGETABLES IN SEASON DURING SEPTEMBER:

- APPLES, GRAPES, PEACHES, PEARS, RED RASPBERRIES (FALL BEARING)
- BEETS, BROCCOLI, CABBAGE, EGGPLANT, LETTUCE, POTATO, SQUASH, CORN, TOMATOES

LOCALLY GROWN PRODUCE= INCREASED QUALITY, MORE NUTRIENTS, AND GREAT TASTE!

Visit <http://www.jerseyfresh.nj.gov> to find farmers markets near you and delicious recipes!



FRUIT OF THE MONTH



PEACHES

VEGETABLE OF THE MONTH



GREEN BEANS

HEALTHY FACTS

PEACHES ARE THE 3RD MOST POPULAR GROWN FRUIT IN THE US!

THEY ARE LOADED WITH VITAMIN C!

GREEN BEANS ARE A GOOD SOURCE OF VITAMINS C AND K!

RECIPE CORNER

Make half of your grains whole grains with the whole grain Quinoa (Keen-wah)!

Quinoa Pilaf (serves 6-8)

1/2 cup carrot, diced	6 cups quinoa, cooked (basic recipe)
1/2 cup green onion, diced	1/4 cup olive oil
1/4 cup celery, diced	2 cloves garlic, crushed
1/4 cup green pepper, diced	1 cup almonds, sliced
1/4 cup sweet red pepper, diced	1/4 tsp oregano

Sauté chopped vegetables in olive oil until clear, yet crisp: stir in oregano. Add sautéed vegetables to cooked, hot quinoa, mixing well. Add salt to taste. Dry-roast almonds in heavy skillet until lightly golden. Add almonds and mix.