



Cafeteria Connection

September 2017

Peaches are a good source of Vitamin C! New Jersey is the 4th largest producer of these fuzzy sweet fruits in the U.S., and Pennsylvania is not far behind at #5!

Easy and Nutritious Dinner Ideas

It's September. This means your family's schedule is back to being hectic. Even when life is busy, you can prepare healthy, homemade meals that your family will love. Check out these easy yet nutritious dinner ideas that will make all the difference in the world!

Build-Your-Own Tacos

Use ground beef or turkey for the protein (or beans and extra veggies if you're a vegetarian!). This dinner will satisfy even your pickiest eater as they can choose their own toppings. Get creative with topping choices such as peppers, radishes, homemade guacamole, cubed mangos, mushrooms, and Greek yogurt.

Breakfast for Dinner

Kids love breakfast for lunch, and I bet they'll love it for dinner, too! Try this awesome 2-ingredient banana pancake idea: use 1 banana to 2 eggs, mash the banana with a fork, whisk it together with eggs, and cook it as you would with pancake batter. Top it with heart-healthy nuts or a slather of peanut butter for a wholesome dinner.

Turkey, Cheese, and Avocado Roll-Ups

This is a quick, no-cook, healthy dinner (that your kids can help make, too!). Lay turkey and cheese flat on a whole-grain tortilla, add diced or mashed avocado, and a thin sliced tomato. Tightly roll-up each tortilla and cut into 1-inch thick round slices. Add healthy sides such as carrots with hummus, applesauce, or sliced apples.

Healthy Mac & Cheese

Try making macaroni and cheese with a whole grain pasta, or pasta made from beans. These often have more protein and fiber than traditional pastas! Boil the elbow noodles and then complete with your favorite low fat cheeses. This is a mac & cheese that you can feel good about serving your family!

Jersey Fresh Farm to School Week

September 25th-29th is Jersey fresh Farm to School Week! During this week, the New Jersey Department of Agriculture celebrates schools that purchase from local farms and works with local farmers. Maschio's purchases produce from local farms to include in their school lunches. This allows students to increase their consumption of local foods and healthy produce! Local produce is fresher and may even taste better than produce at a conventional grocery store. This is because grocery stores usually store produce longer and the produce may travel from across America. Also, eating locally means you are eating seasonally because farmers only grow and sell produce that's in season. When you eat locally, you help the environment, support your local community, and reduce food travel and food waste. Make it a goal this fall to purchase from your local farmers!

Source: farmtoschool.nj.gov

Mark Your Calendars...

National Chicken Month

National Food Safety Month

National Rice Month

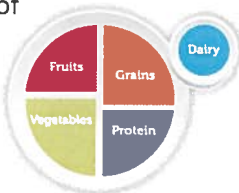
Sept 22nd: Autumn Begins

Sept. 15th-Oct. 15th: National Hispanic Heritage Month

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**



Each year Maschio's hosts a Farmer's Market at the Garfield Boys and Girls Club. Chef Lyn had a great time handing out fresh fruits and veggies to all of the kids!

Chef Steve's Quick & Easy Baked Parmesan Green Bean Fries

Serves 8

Ingredients:

4 Tbsp	Extra Virgin Olive Oil	24 oz.	Green Beans, fresh
4 tsp	Garlic, chopped fine	2/3 cup	Parmesan Cheese, grated
2 each	Eggs, beaten well	To Taste	Salt & Pepper
1 tsp	Granulated Garlic	As Needed	Non-Stick Spray

Directions:

1. Preheat oven to 425°F.
2. Wash the green beans and pat dry; remove stem ends and fibrous strings.
3. In a large bowl, whisk together the olive oil, chopped garlic, eggs and granulated garlic.
4. Add the green beans and toss to coat well; season with salt and pepper to taste.
5. Add the grated Parmesan cheese. Gently toss together and evenly coated.
6. Spray a cookie sheet with non-stick spray; evenly spread the coated green beans on the cookie sheet in a single layer.
7. Bake for approximately 12-15 minutes or until golden brown.
8. For more desired crispness, place under the broiler for 1-2 minutes.

Green Beans are a good source of Vitamin C, A, and K! They are also known as "string beans" or "snap beans."