

Cafeteria Connection

OCTOBER 2024

All About Autumn Produce

As the weather gets chilly and autumn begins, there are a lot of great fruits and vegetables that are in season! Some autumn produce worth mentioning include pumpkin, beets, sweet potato, spaghetti squash, kale and pears. Pumpkins are rich in fiber and beta carotene. Beta carotene is converted to vitamin A in the body, which is important for your skin and eyes.



Another great vegetable is spaghetti squash, which as the name suggests, makes spaghetti-like strands when cooked, which are great when tossed in your favorite sauce. Kale is also another nutritious autumn produce that is rich in vitamins A, C and K, as well as manganese. Pears may be available year-round, but they are sweetest in autumn. They are a great source of potassium and vitamin C. In honor of vegetarian month, try adding these fall fruits and vegetables to your dinner table this month!

Dieticians Pick



Apple Cinnamon Oatmeal

Apple cinnamon oatmeal is a nutritious breakfast option that contains fiber, vitamins, and minerals. Oats are rich in a type of fiber called soluble fiber, which helps in digestion and also helps regulate blood sugar levels. Apples are a great fruit that also have fiber, vitamin C, antioxidants, and other nutrients. Did you know that one apple tree produces 840 pounds of apples per year? The combination of apples and oatmeal in this recipe makes for a satisfying and wholesome meal. What a delicious and nutritious way to start the day!



Servings: 5

INGREDIENTS

- 2 cups Rolled Oats
- 3 3/4 cups Water
- 3 small Sweet Apples OR
- 2 cups Apple Pieces diced small
- 1/2 teaspoon Kosher Salt
- 1/2 teaspoon Cinnamon dash of Nutmeg
- 1/4 cup plus 1-2 tablespoons Brown Sugar, adjust to taste Butter (a teaspoon or so for on top of each serving)

OPTIONAL:

Chopped Pecans (just a sprinkling for each bowl)

INSTRUCTIONS

1. Combine the oats, water, apples, cinnamon and nutmeg in a medium size sauce pan. Bring to a boil over medium high heat, stirring occasionally.
2. As soon as it boils, reduce heat to low and simmer for just a few minutes, until the oats are soft and the apples are tender. Remove from the heat and add brown sugar to taste.
3. The sweeter the apples, the less brown sugar you will need. Scoop into serving bowls and top with butter and pecans if desired.



Enjoy!



OCTOBER Holidays

Farm to School Month

Vegetarian Month

National Chili Month

National Pizza Month

- Oct 1 World Vegetarian Day
- Oct 4 National Taco Day
- Oct 8 National Pierogi Day
- Oct 11-12 Yom Kippur
- Oct 12 National Farmer's Day
- Oct 14-18 National School Lunch Week
- Oct 14 Columbus Day
- Oct 14 Indigenous People's Day
- Oct 17 National Pasta Day
- Oct 20 National Chicken & Waffles Day
- Oct 20 International Chef's Day
- Oct 21 National Apple Day
- Oct 25 National Breadstick Day
- Oct 29 National Oatmeal Day
- Oct 31 Halloween



Pizza Party!

Who wouldn't be excited to know that October is National Pizza Month? Pizza has many different sizes, shapes and styles, but it is loved by all. Pizza was first invented in Naples, Italy and can be traced back to the 16th century. Pizza was popular among the working class until Italian King Umberto I and Queen Margherita visited Naples in 1861. The Queen especially liked the pizza topped with tomatoes, soft cheese, and basil that it was renamed Margherita after her name, which is a pizza that is still popular today.



To make a healthier pizza, try using a whole-grain crust for some extra fiber. You can also add vegetables and a lean protein source such as lean steak, grilled chicken, and shrimp to make it a complete balanced meal. Some vegetables that can be added to a traditional cheese pizza can include roasted squash, sauteed mushrooms and grilled eggplant. Go for more flavor and less fat by using a mix of part-skim mozzarella, sharp provolone and Parmesan. On your next homemade pizza night, be creative and try out a new vegetable topping!