

Cafeteria Connection

SEPTEMBER 2023

Prepare with *Healthy Snacks*

Benjamin Franklin once said, "If you fail to plan, you are planning to fail." The same concept should be considered when packing healthy snacks for school! However, why are healthy snacks important? Healthy snacks will help you feel energized, focused at school, and happy!

Pack simple and wholesome snacks full of vitamins and minerals, such as calcium, vitamin D, and fiber, and full of multiple colors! Eating a rainbow of colors has different health benefits, including improved vision and skin, and protects you from getting sick! Ideas for healthy snacks include:

- Hummus and crackers ●
- Cheese and grapes ●
- Apples slices with sunflower butter ●
- Carrot sticks or sliced veggies with homemade Greek yogurt dip! ●

The Colors of HEALTH

Add color to your diet for great nutrition!

RED	Tomatoes, pink grapefruit, cranberries	Lycopene	Lycopene is an antioxidant found in the body that keeps cells healthy and may help reduce cancer risks and other diseases.
ORANGE	Mangos, pumpkins, yams	Beta-carotene	Beta-carotene helps with cell growth and development, fighting off diseases, and good vision.
YELLOW	Oranges, lemons, papayas, peaches	Vitamin C	The body needs vitamin C to form collagen in bones, cartilage, muscle, and blood vessels and helps absorb iron in the body.
GREEN	Spinach, kale, collards	Folate	Folate helps the body form red blood cells and is important for cell growth.
BLUE	Blueberries, plums	Anthocyanins	It encourages heart health and helps reduce a waxy-fat-like substance called cholesterol in your blood.
PURPLE	Grapes, berries	Resveratrol	It is a type of antioxidant that helps keep cells healthy and reduces the risk of heart disease, stroke, and some cancers.

September Holidays

September 1- National Food Bank Day

September 4- Labor Day

September 5- National Cheese Pizza Day

September 15- Rosh Hashanah

Hispanic Heritage Month: Sep 15 - Oct 15

Jersey Fresh SEPTEMBER - TOMATO

Zucchini Panzanella Salad with Crouton & Tomato Recipe



INGREDIENTS

- 1 cup day old bread cubes
- 1/2 bunch Jersey Fresh mint
- 3 large Jersey Fresh zucchini
- 2 TB olive oil, plus more for drizzling bread
- 1/2 tsp kosher salt
- 1/4 tsp cracked black pepper
- 1/2 pint Jersey Fresh cherry tomatoes
- 8 Jersey Fresh basil leaves
- 1 1/2 cups red wine vinaigrette (see below)

Red Wine Vinaigrette (Makes 1 cup)

- 1 Jersey Fresh garlic clove, minced
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1/4 cup red wine vinegar
- 3/4 cup extra virgin olive oil
- Salt and pepper, to taste

STEPS

Make the red wine vinaigrette:

1. Mince the garlic
2. In the bottom of a small bowl, whisk together all of the ingredients, adding the olive oil last. (You can also shake this together in a jar.)

Prep the salad:

1. Trim the ends from the zucchini and slice length-wise, getting about 5-6 slices from each
2. Cube the bread
3. Pick and chop the mint
4. Halve the tomatoes

Instructions:

1. Preheat the oven to 325°F.
2. Toss the bread cubes with the chopped mint and a drizzle of olive oil. Spread in one even layer on a baking tray and place in the preheated oven, baking until just slightly golden. Remove from oven and allow to cool
3. Preheat grill or grill pan
4. Season the zucchini slices with olive oil, salt and pepper
5. Lay as many slices flat on your grill as it will accommodate. When you lay them down on the grill, you should hear a sizzle, which is how you will know the grill is hot enough. After 1-2 minutes, use tongs to flip the zucchini slices onto the other side.
6. After another minute, remove from the grill and set aside to cool
7. Once the zucchini have cooled, toss the halved cherry tomatoes with the bread in a large mixing bowl
8. Add the grilled zucchini ribbons and half of your vinaigrette
9. Let this sit and marinate for about 5 minutes, or until the croutons just begin to soften
10. Serve on a plate topped with basil

Enjoy!