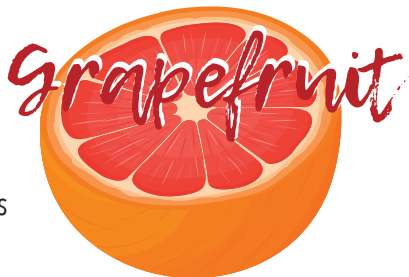


Cafeteria Connection

February 2025

A Zesty Journey into the World of Grapefruit

While it's definitely not a grape, a grapefruit is a citrus fruit that received its name because it grows in clusters on trees, like grapes. Sometimes as many as 25 fruits hang in a cluster from a tree!



There are three major types of grapefruits: white, pink/red and star ruby/rio red. These colors indicate the color inside of the grapefruit. The pink and red varieties of grapefruit contain more vitamins than the white grapefruit. Red grapefruit contains over 20 times more vitamin A than white. Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. If you haven't had a grapefruit before, try having one this month since it is National Grapefruit Month! You can eat it as it is or even add it to salads!



Dietitian's Pick

Sweet potatoes are a root vegetable that come in different colors such as white, yellow, orange, red or even purple. Sweet potatoes are high in beta-carotene which is converted to vitamin A in our body. They are also high in potassium which balances the fluids in your body and is important for normal blood pressure, muscle growth and the functioning of the brain and nervous system. Baking sweet potatoes preserves their natural sweetness making them a delicious choice for a nutrient-dense side, snack or main course!

Baked Sweet Potato

Yields 4



INGREDIENTS:

- 4 Sweet Potatoes, scrubbed clean
- Olive Oil, optional
- 4 tbsp. Butter
- Kosher Salt
- Freshly Ground Black Pepper



INSTRUCTIONS:

1. Preheat oven to 425°. On a baking sheet lined with aluminum foil, prick sweet potatoes all over with a fork. Rub the outsides with a small amount of olive oil if you intend to eat the skins.
2. Bake until tender, 45 to 50 minutes.
3. Let cool, then split the tops open with a knife and top with a pat of butter.
4. Season with salt and pepper before serving.

Enjoy!

February Holidays



- Black History Month
- National Heart Month
- National Grapefruit Month
- Feb 2** National Ground Hog Day
- Feb 2** National Tater Tot Day
- Feb 7** National Fettuccine Alfredo Day
- Feb 9** National Pizza Day
- Feb 13** National Cheddar Day
- Feb 13** National Tortellini Day
- Feb 17** President's Day
- Feb 20** National Muffin Day
- Feb 24** National Tortilla Chip Day
- Feb 27** National Chili Day
- Feb 27** National Strawberry Day
- Feb 28** National Pancake Day

Make Your Pancakes More Nutritious!



While pancakes may be a breakfast favorite, it is important to start your day with a nutritious, healthy breakfast that provides you with sustainable energy. Here are some tips on how you can elevate your everyday pancakes to be more delicious and nutritious!

Add more fiber. Try using more whole grains in your batter by using whole-wheat flour, oats or cornmeal. You can even use a mix of flours for a unique taste and a boost in the fiber content. **Fresh or frozen fruits.** Add fresh or frozen fruits such as strawberries, blueberries and bananas in your pancake batter. Fruit can also be used as a topping which will add more vitamins and antioxidants in your breakfast.

Protein boost. Use Greek yogurt as a topping or in your batter for an extra source of protein to make your breakfast meal balanced and filling.

Be creative with your toppings and enjoy a nutritious breakfast!