



# September

## Cafeteria Connection



September 2019

## HISPANIC Heritage Month

September 15 - October 15

### Mark Your Calendars...

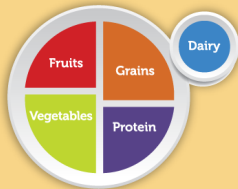
- Sept. 3 - Labor Day
- Sept. 5 - National Cheese Pizza Day
- Sept. 6 - National Food Bank Day



### What Makes a Meal?

Each meal consists of **5** components:

- Meat/Meat Alternate
- Grain
- Vegetable
- Fruit
- Milk



### For a Reimbursable Meal

- Students must select **3** out of the **5** components
- One of those components must be at least **1/2 cup of fruit or vegetable**

### Welcome Back!

Are you ready to make this the best school year yet? I bet summer was fun but now it's time to get your brain back in action. Ever heard of the term brain food? Well it is a real thing. There are foods that are scientifically linked to brain health and are known for their ability to improve concentration and memory. Here are some of the top brain superfoods. First off, we have dark green, leafy vegetables such as spinach, broccoli, kale and romaine lettuce. Dark green leafy vegetables are rich in brain loving nutrients like vitamin K and folate to name a few. Next, another type of food that our brains love is berries because they contain flavonoids, a natural plant pigment. Research has linked flavonoids to memory improvement. Last but not least, whole grains play an important role in brain health due to the many B vitamins they contain. It is a good idea to start your day with a serving of whole grain which can be found in oatmeal, whole grain bagels, breads and cereal. Try oatmeal with berries and nuts for breakfast and tuna on a whole wheat wrap with a side spinach salad for lunch. These choices will give your brain and body the energy it needs to power through the school day. So, whether you are looking to maintain or improve your grades this school year, choosing to consume these nutrient dense foods is a simple way to help you do so!

Reference <https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower>

Written By: Kristen Slinger, Priority Nutrition Care Dietetic Intern.

### National Better Breakfast Month

September 26th is National Better Breakfast Day? Breakfast is considered the most important meal of the day. It has earned this title for a good reason. When you wake up in the morning, your body needs to be kick started and replenished after being in a fasted state. Breakfast therefore provides the fuel your body and brain need to start the day. There are numerous advantages that come along with eating a nutritious breakfast. Research has linked consuming breakfast with better mental and physical performance, being more likely to meet daily recommendations for fruit, vegetables, fiber and calcium and being less likely to partake in unhealthy snacking throughout the day. Since we now know how big a role breakfast plays in our day, it is essential the foods we choose to eat for the first meal of our day is super nutritious. Here are some great healthy and delicious options:

- Whole grain cereal with low fat milk topped with banana or peach slices
- Oatmeal topped with fresh fruits and nuts
- Greek yogurt fruit smoothie or parfait
- Two egg veggie and low-fat cheese omelet with a slice of multigrain bread
- Whole grain bagel topped with avocado and a piece of fruit

So, don't forget to take advantage of these wonderful benefits and eat breakfast today and everyday! Reference: <https://www.rush.edu/health-wellness/discover-health/why-you-should-eat-breakfast>

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### Chilled Roasted Tomato Soup with Basil (serves 4)

1 ½ Lbs.	Plum Tomatoes, washed and cored	2 Tbsp.	Fresh Basil Leaves, torn roughly
1 Each	Red Bell Pepper, washed, halved and seeded	To Taste	Salt & Pepper
2 Each	Garlic Cloves, roughly chopped	8 Slices	French Baguette, sliced thinly on bias
3 Tbsp.	Olive Oil, plus extra for drizzling	1 Each	Garlic Clove, peeled and left whole
3 ½ Cups	Vegetable Stock		

Preheat oven to 425°F. Dry the tomatoes and pepper halves with paper towel. Cut into large rough chop pieces. Place on a parchment lined baking sheet. Drizzle with the 3 Tbsp. of oil and season with salt and pepper to taste. Place in the oven for about 25-30 minutes or until the tomatoes are soft and the skins are blistered with lightly blackened areas. Once tomatoes and peppers are roasted, scrape them into a large sauce pan on the stove over medium high heat. Add the vegetable stock and torn basil; bring to a boil then turn off the heat. Adjust the seasoning to taste. Allow the mixture to cool for 15-20 minutes. Place the contents (in batches) in to a food processor, blending until smooth. Transfer the processed soup into a clean bowl, cover and place into the refrigerator for at least 2 hours. While soup is chilling, brush some olive oil over the sliced baguette. Grill each side slightly, rub each grilled piece of bread with the clove of garlic. To serve, ladle 4 equal portions into bowls, drizzle with some olive oil. Sprinkle some basil leaves on top and serve with the grilled bread on the side. Enjoy!