



Cafeteria Connection

January 2018

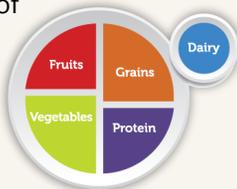
Oranges are rich in vitamin C and antioxidants. Antioxidants help to neutralize free radicals which are believed to cause aging and some diseases. Did you know?... The proper name for an orange seed is a "pip."

Mark Your Calendars...

National Slow Cooker Month
 National Soup Month
 National Oatmeal Month
Jan 4th: Spaghetti Day
Jan 9th: National Apricot Day
Jan 11th: National Milk Day

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**



Bloomfield Middle School received a grant from the Dairy Council Health Foundation to fund participation in the American Dairy Association and NFL's Fuel Up to Play 60. Former NY Giant Amani Toomer attended the unveiling of the school's new Yogurt and Parfait Bar, as well as a new Flag Football Program, which were funded with the grant.

A Cup of Tea, Yes Please!

January is National Hot Tea Month! According to the Tea Association of the U.S.A. Inc, the number of Americans who drink tea today is over 158 million, that's almost 1/2 the U.S. population! Tea has been shown to help with heart health. Studies show that drinking green tea has been associated with lowering total cholesterol, LDL and triglycerides and raising the HDL or "good" cholesterol levels. Not only is tea good for heart health, it is also good for your teeth! Because it is typically brewed with fluoridated water the tea plant naturally picks up the fluoride in the soil it is planted in! How cool is that? So go ahead, take a break and have that cup of tea to help you keep hydrated and healthy!

Prepared by: Lydia Maggio, RD and Lorraine Kunick
 Source: www.eatright.org

Explore New Flavors Using Herbs & Spices

Often times we may find ourselves adding sugar, fat, or sodium to add pizzazz to an old recipe. This year instead of going that route try turning to your trusty friends - herbs and spices - to pack some punch in your next meal. Some spices you may want to keep handy include black pepper, cayenne pepper, oregano, cumin, garlic powder, onion powder, bay leaves, curry powder, thyme, paprika, nutmeg, turmeric, clove, cinnamon, chili powder and an Italian herb blend as some form of these are used in most recipes. Other great ways to enjoy herbs and spices are sprinkling them on salads, side dishes, grilled meats and seafood. Just remember when using dried herbs and spices, store them in airtight containers in a cool, dark location in your kitchen. Sprinkle away, your taste buds will thank you!

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 Source: www.eatright.org

Chef Steve's Vegetarian Three Bean Chili

Serves 12

Ingredients:

3 Tbsp.	Extra Virgin Olive Oil	3 Cups	Pinto Beans, rinsed and drained
1 Each	Large Yellow Onion, small dice	2 Cups	Chick Peas (Garbanzo Beans), rinsed and drained
8 Each	Garlic Cloves, minced	2 Cups	Black Beans, rinsed and drained
3 Tbsp.	Ground Cumin	2 Each	Diced Tomatoes (28oz Cans)
1/2 Cup	Ancho Chili Powder	4 Each	Diced Green Chiles (4oz Cans)
1 tsp.	Cayenne Pepper (or more to taste)	To Taste	Salt and Pepper
2 tsp.	Dried Oregano	4 Cups	Low Sodium Vegetable Stock or Broth
1 1/2 Cups	Tomato Paste		

Directions:

1. In a medium sized stock pot or sauce pan heat oil over medium high heat. Sauté the onion until translucent and soft about 6-8 minutes.
2. Add the chopped garlic, cumin, chili powder and cayenne; cook until fragrant, about 1-2 minutes. Add the green chiles, sauté for another 1-2 minutes.
3. Add the tomato paste cooking for 2-3 minutes to cook out the raw flavor from the paste.
4. Add all the beans and diced tomatoes. Season with salt and pepper to taste.
5. Add the vegetable stock or broth; stir well to combine.
6. Cook for 30-45 minutes. Serve with tortilla chips and fresh chopped cilantro.

Legumes are a good source of protein and fiber. They are low in fat and high in folate, potassium, and iron. Did you know?... Red Legumes enrich, rather than deplete the soil during the growing process.

