



# Cafeteria Connection

December 2019

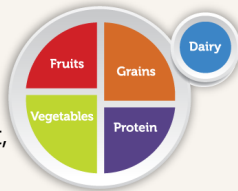
## Mark Your Calendars...

December 4 - National Cookie Day  
December 7 - Pearl Harbor Remembrance Day  
December 13 - National Cocoa Day  
December 17 - National Maple Syrup Day  
December 22 - Hanukkah Begins  
December 24 - Christmas Eve  
December 25 - Christmas Day  
December 26 - Kwanzaa Begins  
December 31 - New Year's Eve



## 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**

## 5 Ways to Spread Holiday Cheer!

'Tis the season to get in the holiday spirit- it's the most wonderful time of the year! Spreading holiday cheer and kindness are great ways to give back during this time of year. It requires very little time or money, just simply a willingness to act from the heart.

- **Get involved:** Help your mom, dad or family member in the kitchen!
- **Give back:** Write a thank you card for your school cafeteria's staff and tell them your favorite fruits and vegetables that they offer!
- **Share:** Share your favorite recipe that you like to make during the holidays with your classmates.
- **Bake:** Choose your best *healthy* recipe to make and bring to a local soup kitchen, hospital, or senior citizen center.
- **Disconnect:** Turn off the TV, iPad, or other electronic devices and enjoy your meals as a family; let each member share a reason for why they are thankful this holiday season.

Reference: <https://www.eatright.org/kids-eat-right-listing>

Written by: Rachel Rovner, CSE Dietetic Intern

## Don't get sick during the holidays!

The holiday season is often the busiest time of the year, don't let your health slip through the cracks. This time of the year is made for spending with families and friends, not with an unwanted virus. Follow these simple steps to help protect your immune system! 5 healthy tips:

- **Stay hydrated:** instead of beverages with added sugars choose water! Throw in your favorite orange slices or lemon wedges to add some flavor.
- **Wash your hands frequently:** sing your favorite holiday song for 20 seconds while washing your hands. Try to keep your hands away from your face since the mouth and nose are entry points for bacteria and viruses.
- **Eat a well-balanced diet:** consume meals with plenty of colorful fruits and vegetables to help boost your immune system. Incorporate lean meats for protein like chicken or salmon and healthy starches like potatoes or sweet potatoes.
- **Get plenty of sleep:** it is recommended by the American Academy of Pediatrics that children between the ages of 6 to 12 years old get 9 to 12 hours of sleep per night. Lack of sleep can weaken your immune system and make you more prone to getting sick.
- **Support your immune system:** choose foods that will support your immune system like citrus fruits (grapefruit, oranges, tangerines, lemons, limes) ginger and turmeric (they contain anti-inflammatory properties), yogurt (great source of vitamin D), or nuts and seeds (almonds and sunflower seeds are rich in vitamin E which is a powerful antioxidant).

References: <https://www.aap.org/>, <https://www.fda.gov>

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## Buckwheat Salad with Clementines and Pomegranates

Serves 6-8 people

### Ingredients

2 cups Baby Spinach  
2 cups Baby Arugula  
4 each Clementines, peeled and segmented 1 cup Pomegranate Seeds  
½ each Red Onion, sliced  
2 each Fuji Apple, sliced  
1 ½ cups Toasted Buckwheat Kasha, cooked

### Dressing

1 each Garlic Clove, chopped fine  
2 Tbsp. Pomegranate Molasses  
1 Tbsp. Lemon Juice  
1 tsp. Fresh Thyme Leaves, chopped fine 1 Tbsp.  
Fresh Italian Parsley, chopped fine 2 Tbsp.

### Directions

**Buckwheat Kasha Preparation:** Toast 3/4 cup buckwheat kasha in a teaspoon of olive oil over medium high heat in a small saucepan. Add in 1 cup of water and bring to a boil. Then cover the pot with a tight fitting lid, lower the heat and cook the buckwheat for 15 minutes or until the water is absorbed and the buckwheat starts to open and becomes tender. Cool completely.

**Salad Preparation:** toss all ingredients together with the completely cooled buckwheat.

**Dressing Preparation:** Place all ingredients in a container. Close the container with a lid and shake the ingredients vigorously until the dressing is emulsified.

Toss the salad with the dressing and serve.