

Cafeteria Connection

JUNE 2025

Beat The Heat!

Summer heat calls for an icy treat! Smoothies are a great way to cool down on a hot summer day. You can make your smoothie wholesome and nutritious by choosing the right ingredients. Choose whole fruits rather than fruit juice to make sure you are getting the fiber your body needs. You can also use frozen fruits if you can't find your favorite fruit in season. Some great fruit options include berries, bananas, and mangos.

You can also add veggies to your smoothie for extra flavor, color, vitamins and minerals! You can use carrots, beets, and even cucumbers. If you like creamier smoothies, try adding greek yogurt, which provides your body with protein and probiotics. Probiotics are healthy bacteria that help keep your gut happy. So on June 21st, National Smoothie Day, blend up all your favorite fruits and vegetables and enjoy a yummy smoothie!



June Holidays

National Dairy Month

June 3 National Egg Day
June 4 National Cheese Day
June 5 National Veggie Burger Day
June 6 National Donut Day
June 10 National Egg Roll Safety Day
June 11 National Corn on the Cob Day
June 12 National Falafel Day
June 14 Flag Day
June 14 National Cucumber Day
June 15 Father's Day
June 17 National Eat Your Vegetables Day
June 18 International Sushi Day
June 19 Juneteenth
June 20 Summer Begins
June 21 National Smoothie Day
June 27 National Pineapple Day
June 27 National Onion Day

Dietitian's Pick

This month's recipe is not only delicious but also a nutritious option that can be enjoyed as a snack or appetizer. The cinnamon tortilla chips are made with whole-grain tortillas which are rich in fiber. Their high fiber content helps reduce the risk of chronic diseases like heart disease and diabetes by lowering LDL cholesterol levels and stabilizing blood sugar levels. The other component of this recipe, the strawberry salsa is rich in vitamin C, fiber and manganese. Give this recipe a try next time you feel like a sweet snack!



Eat the Rainbow!



Some people call fruits nature's candy, because just like candy, they are sweet, delicious and come from nature! In the summer, a lot of fruits and vegetables are in season and it is a great opportunity to enjoy fresh fruits and vegetables. They come in different sizes, shapes and colors. Fruits and vegetables are rich in fiber, vitamins, minerals and sometimes antioxidants. Each produce is unique in the vitamins or minerals they contain, that is why it is important to consume different fruits and vegetables to get all the nutrients they offer.

Did you know that we have to eat at least 5 servings of fruits and vegetables per day? Usually experts recommend three servings of vegetables and two servings of fruits. One serving of fruit is usually one medium fruit the size of your hand such as an apple, an orange, a small banana or 4 oz of juice. As for vegetables, an example of one serving could be 6 baby carrots = 1/2 cup, 1 cup raw leafy vegetable, or 5 to 8 florets of broccoli = 1/2 cup. Try to get your daily servings of fruits from fresh fruits rather than fruit juice because fruit juice doesn't have the fiber content that the whole fruit has. You can get your vegetable servings from cooked or raw vegetables, the more colors you eat the better! June is National Fresh Fruit and Vegetables Month, so remember to eat a variety of fruits and vegetables!



Strawberry Salsa with Cinnamon Tortilla Chips Serves 6-8

FOR THE SALSA:

- 3 cups Strawberries finely chopped or pulsed in food processor
- 2 tablespoons Fresh Lemon Juice
- 1 tablespoon Extra Light Olive Oil
- 3 tablespoons Fresh Basil Leaves chopped
- 1/4 teaspoon Salt
- 1 tablespoon Sugar or Honey
- Pinch of Black Pepper

FOR THE CHIPS:

- 3 large Flour Tortillas
- 1 cup Sugar
- 1 tablespoon Cinnamon
- Olive Oil or Olive Oil Spray

1. Preheat oven to 350° F. Mix together cinnamon and sugar and set aside. Spray a baking sheet with nonstick spray and set aside. Cut tortillas into triangles (you can stack them and cut them all at once!).
2. Lay tortillas on baking sheet and lightly spray with olive oil. Sprinkle cinnamon sugar mix over chips, flip, and repeat. Bake for 10-12 minutes or until crispy.
3. Mix together lemon juice, oil, basil, salt, sugar or honey and pepper. Add strawberries and toss until fully combined. Serve with the cinnamon chips.