Cafeteria Connection

SEPTEMBER 2025 WWW.MASCHIOFOOD.COM @MASCHIOFOOD

Welcome Back to School!

We are looking forward to a great school year ahead! We are so grateful to our teachers and staff who have been preparing for your fresh start full of learning, laughter, and growth! Delicious and exciting meals await our students! Here are a few highlights of the year ahead:

CHEF DAY

Students will be enjoying exciting Chef Day events when one of our corporate chefs visit their school cafeteria and showcases food tastings with the month's featured harvest, and various themed food bars like our famous Burrito Bar, BBQ Bar, Panini Bar, and so much more.

FOOD ADVISORY COMMITTEE MEETINGS

Your school meal program's success relies on student participation and we strive to maintain our record of over 30 years of excellence. We encourage our school community (Faculty, Parents, Students, Administrators) to join our FOOD ADVISORY COMMITTEE MEETINGS. Our meetings provide a forum for you to share any feedback or questions you may have about your child's menu. Your feedback and special requests are heard and put into action immediately. Please contact your school's main office for more information.

September Holidays

National Hispanic Heritage Month 9/15-10/15
Whole Grains Month
National Chicken Month
National Food Safety Education Month
National Rice Month

Sept 1	Labor Day
Sept 18	National Cheeseburger Day
Sept 22	Autumn Begins
Sept 22-26	Farm to School Week
Sept 26	National Johnny Appleseed Day

Dietitians Pick

JERSEY FRESH Farm to School

Zucchini Panzanella Salad with Crouton & Tomato

This recipe features grilled zucchini which is a great summer vegetable! Zucchini is also called a summer squash and unlike winter squash, zucchinis have soft, edible, thin outer skin. Zucchini contains 35% of the recommended daily value for vitamin C which is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and helps in the absorption of iron. It also has fiber and potassium, so give this recipe a try for an extra boost of vitamin C!



INGREDIENTS

- 1 cup Day Old Bread Cubes
- ½ bunch Jersey Fresh Mint
- 3 large Jersey Fresh Zucchini
- 2 TB Olive Oil, plus more for drizzling Bread
- ½ tsp Kosher Salt
- ¼ tsp Cracked Black Pepper
- ½ pint Jersey Fresh Cherry Tomatoes
- 8 Jersey Fresh Basil Leaves
- 1½ cups Red Wine Vinaigrette *(see below)*

Red Wine Vinaigrette

(Makes 1 cup)

- 1 Jersey Fresh Garlic Clove, minced
- 1 tsp Dried Thyme
- 1 tsp Dried Oregano
- ¼ cup Red Wine Vinegar
- ¾ cup Extra Virgin Olive Oil

Salt and Pepper, to taste

STEPS

Make the red wine vinaigrette:

1. Mince the garlic
2. In the bottom of a small bowl, whisk together all of the ingredients, adding the olive oil last. *(You can also shake this together in a jar.)*

Prep the salad:

1. Trim the ends from the zucchini and slice lengthwise. *(Getting about 5-6 slices from each.)*
2. Cube the bread
3. Pick and chop the mint and halve the tomatoes

Instructions:

1. Preheat the oven to 325°F.
2. Toss the bread cubes with the chopped mint and a drizzle of olive oil. Spread in one even layer on a baking tray and place in the preheated oven, baking until just slightly golden. Remove from oven and allow to cool
3. Preheat grill or grill pan
4. Season the zucchini slices with olive oil, salt and pepper
5. Lay as many slices flat on your grill as it will accommodate. When you lay them down on the grill, you should hear a sizzle, which is how you will know the grill is hot enough. After 1-2 minutes, use tongs to flip the zucchini slices onto the other side
6. After another minute, remove from the grill and set aside to cool
7. Once the zucchini have cooled, toss the halved cherry tomatoes with the bread in a large mixing bowl
8. Add the grilled zucchini ribbons and half of your vinaigrette
9. Let this sit and marinate for about 5 minutes, or until the croutons just begin to soften
10. Serve on a plate topped with basil

Maschio's Food Services, Inc.