

Red Clay Café Special Event Calendar

Check out Red Clay Café's Special Event Calendar!

Whether a special event, holiday or a national food day, we don't want you to miss all the fun happenings in the cafeteria!

Follow us @RedClayCafe on Facebook, Twitter & Instagram!

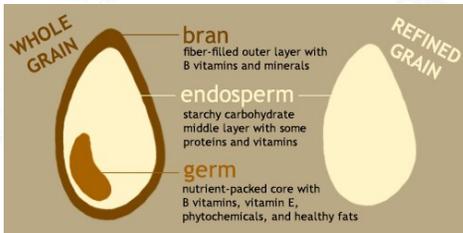
January is National Whole-Grain Month!

Monday	Tuesday	Wednesday	Thursday	Friday
31 NO SCHOOL TODAY NEW YEARS EVE!	1 NO SCHOOL TODAY NEW YEARS DAY!	2 WELCOME BACK!	3	4 National Spaghetti Day 
7	8	9 Apricot Day 	10	11
14	15	16	17	18 NO SCHOOL TODAY PROFESSIONAL DEVELOPMENT
21 NO SCHOOL TODAY MARTIN LUTHER KING JR. DAY	22 Hot Sauce Day 	23	24	25
28 Blueberry Pancake Day 	29	30 Croissant Day 	31	1 SUPER BOWL PARTY! 

Whole-Grain Month

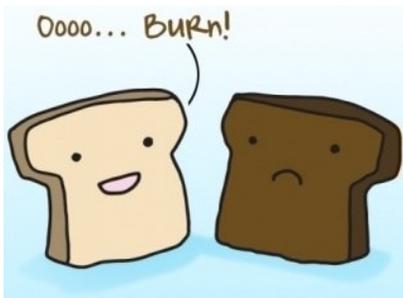
What is a “Whole” Grain?

A Grain is considered “Whole” if it contains all three parts of the seed. The Bran, Germ and Endosperm.



Grain Nutrition Facts

Whole grains tend to be higher in fiber than their refined counterparts. The Bran contains fiber, antioxidants, B-Vitamins, Phytochemicals and iron, copper, zinc and magnesium. The inner Germ contains healthy fats, B-Vitamins, Phytochemicals and antioxidants such as Vitamin E.



Joker’s Corner

Why doesn't bread like warm weather?

Answer: Things get Toasty!

Black Bean & Corn Quinoa

<https://www.tasteofhome.com/recipes/black-bean-corn-quinoa/>

Ingredients:

2 tablespoons canola oil
1 medium onion, finely chopped
1 medium sweet red pepper, finely chopped
1 celery rib, finely chopped
2 teaspoons chili powder
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups vegetable stock
1 cup frozen corn
1 cup quinoa, rinsed
1 can (15 ounces) black beans, rinsed and drained
1/3 cup plus 2 tablespoons minced fresh cilantro, divided

Directions:

In a large skillet, heat oil over medium-high heat. Add onion, red pepper, celery and seasonings; cook and stir 5-7 minutes or until vegetables are tender. Stir in stock and corn; bring to a boil. Stir in quinoa. Reduce heat; simmer, covered, 12-15 minutes or until liquid is absorbed. Add beans and 1/3 cup cilantro; heat through, stirring occasionally. Sprinkle with remaining cilantro.

Facts about Grains

- Quinoa is a Whole-Grain that dates back to ancient civilizations and was called the “Gold of the Incas.”
- Quinoa is pronounced “Keen-wa”
- Rice, which is a Whole-Grain, has more genes than a human being.
- Wild rice isn’t really rice at all – it’s the seed of an aquatic grass originally grown by Native American tribes.



Purchasing Tips:

Always make sure to check the ingredient label when buying processed food items for words like “whole wheat” or “whole grains.” Items that are naturally whole-grain include popcorn, Brown Rice, Quinoa, Wild Rice, Corn and Barley, among others.