



Maschio's Food Services Cafeteria Connection

January 2011

"Healthy Meals Grow Healthy Kids"

Did You Know?

January is the month to celebrate:
The New Year 1/1
School Mascot Day 1/3
Chinese New Year 1/23
Martin Luther King Jr. Day 1/18



RING IN THE NEW YEAR
With Healthy Achievable
Resolutions:

- **Make at least half your grains whole grains!**
- Choose 100% whole wheat bread, brown rice, oatmeal, whole wheat pasta, whole grain cereals
- Try less common whole grains such as quinoa and millet
 - **Eat 5-9 servings of vegetables and fruits each day.**
- 1 serving of fruit = medium sized whole fruit or 1 cup sliced fruit, or 1/2 cup 100% fruit juice
- 1 serving of vegetables= 1 cup raw or cooked vegetables, 2 cups leafy green vegetable
- Choose bright orange and dark green vegetables such as carrots, sweet potatoes, broccoli, spinach, kale, collard greens, butternut squash, pumpkin
- Be sure to take the offered fruits and vegetables at lunch to ensure you meet your goal!
 - **Keep Active even in the cold winter months.**
- Outside: Build a snowman, go sledding, ice-skating
- Indoors: dance, jumping jacks, sit-ups, stretches, light gymnastics, go to an indoor gymnasium, indoor basketball, hockey, track, be creative!

Fill in the Blanks

__ medium Strawberries provide more than 150% of the Daily Value of vitamin C.
Collard Greens are part of the _____ family.
Eat 5-__ fruits and vegetables each day!

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FRUIT OF THE MONTH



Strawberries

VEGETABLE OF THE MONTH

Collard Greens



Healthy Facts

Eight medium **strawberries** provide more than 150 percent of the Daily Value of vitamin C! They are also packed with fiber, antioxidants, and folate!

- Be sure not to wash strawberries until they are ready to be eaten!
- Collard Greens** are a great source of vitamin K, vitamin A, vitamin C, folate and manganese, plus a good source of fiber and calcium!
- Collard Greens are part of the cabbage family

Soulful Greens

Makes: 4 servings

Ingredients:

1/2 cup of low-sodium chicken broth
3/4 cup water
2 pounds of collard greens
1-1/2 cups sliced red onions
1 garlic clove, minced
1/4 cup orange juice
1/2 tsp dried red pepper flakes

Directions:

Heat chicken broth and water in a large pot. Bring to a boil. Add collards (washed, with stems removed) and cook for 10 minutes. Sauté garlic and onions for 5 minutes in a skillet. Add orange juice and wilted greens. Stir until well coated. Simmer for 5 minutes.
Sprinkle with red pepper flakes and serve.

A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!