

Maschio's Food Services Cafeteria Connection

March 2011

"Healthy Meals Grow Healthy Kids"

Did You Know?
March is the month to celebrate:
National School Breakfast Week 7-11
Mardi Gras 3/8
Johnny Appleseed Day 3/11
St. Patrick's Day 3/17
First Day of Spring 3/20



CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK

March 7th-March 11th

Be sure to eat breakfast at your school cafeteria or before school to stay healthy and energized throughout the day!

Skipping breakfast can cause students to feel tired and unable to focus during class.

Studies show that students who eat breakfast do better in school, participate more in physical activities, and eat healthier overall.

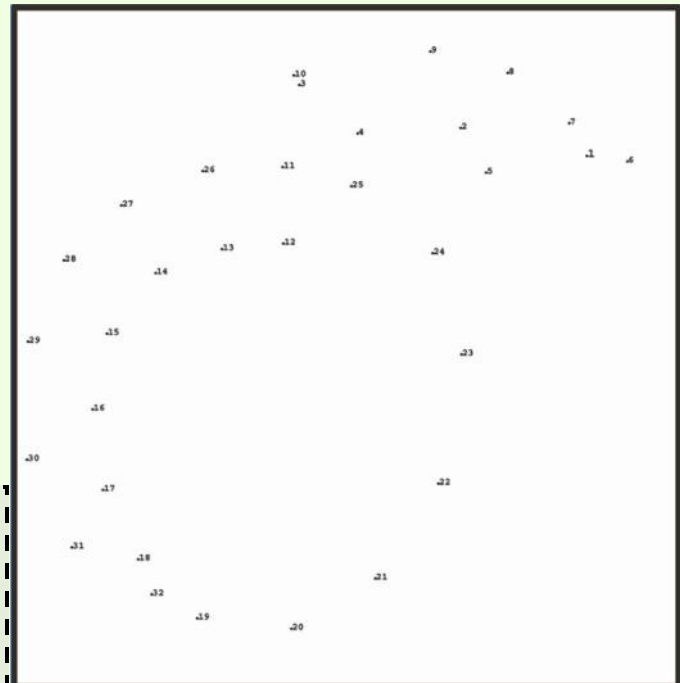
Source: breakfastresearchinstitute.org

A COMPLETE LUNCH INCLUDES:

- PROTEIN
- GRAINS
- FRUIT
- VEGETABLE
- MILK

Take all 5!

Connect the dots below to find out what fruit has Vitamin A to fight infections and support healthy vision!



FRUIT OF THE MONTH

Apricots

VEGETABLE OF THE MONTH

Cabbage

Breakfast Tips:



• **Get Organized the Night**

Before: Organize the cooking equipment and nonperishable supplies the night before to save time in the morning.

• **Keep Breakfast Simple:** When the morning is very busy, choose a simple breakfast such as cereal with milk and a piece of fruit.

• **Pack Your Breakfast to Go:** If there's no time to eat at home, plan a nutritious option to eat in the car or bus. Such as a piece of fruit, trail mix, and thermos with milk.

Source: eatright.org

Remember, if your school provides breakfast, your child can consume a nutritious breakfast in the cafeteria or classroom!

Healthy Facts

-**Apricots** are an excellent source of vitamin A and a great source of Vitamin C.

-**Cabbage** is an excellent source of Vitamin C. 1 cup provides about 70% of your daily needs for Vitamin C. Vitamin C helps support a healthy immune system and healthy wound healing.

RECIPE CORNER: St. Paddy's Wraps

Place cabbage leaves in boiling water for 30 seconds, remove and place in ice water. Remove cabbage leaves from ice bath and pat dry. Place 1/4 cup of your favorite tortilla filling in the bottom of the leaf, roll up and serve!