

Maschio's Food Services Inc. Cafeteria Connection

"Healthy Meals Grow Healthy Kids"

January 2010

Choose a Healthy

New Years Resolution!

Eat at least 2 fruits a day

Play outside every day

Try a new vegetable every week

Eat a good breakfast every morning

Pick whole wheat over white bread

-Or come up with your own!



January 4th is School Mascot Day!

Winter Snack Ideas!

- Hot Chocolate made with skim milk and co-coa powder
- Apple Slices with melted peanut butter on top
- Toasted Cheese and Tomato Sandwich
- S'mores!
- Baked Apple with cinnamon and brown sugar
- Hot apple cider
- Stove pop Popcorn
- Melted Low fat cheese on wheat crackers



A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!

Fill in the Blanks!

Ways to avoid the cold and flu:

Eat plenty of fruits high in vitamin _____

Wash your _____ before eating

Get enough _____ at night to stay rested

Answers: C, Hands, Sleep,

Did You Know?

Kiwi contains **more**

Vitamin C than an **orange**!?



Fruit of the Month:
Peaches



Veggie of the Month:
Cucumbers

January has Seasonal Vegetables too!

Brussels Sprouts



Cabbage

Carrot



Celeriac



Kale

Leeks



Parsnips



Spinach

Turnips



Quick and Easy Peach Crisp
Ingredients
1 29 oz can of peaches, or appx. 6 sliced fresh peaches
2 cups all purpose flour
1 1/2 cups sugar
1 pinch of salt
1 1/2 tsp cinnamon
1 c chilled butter or margarine
Directions
Preheat oven to 350 F
Layer peaches in a 9x13 pan
In a large bowl mix your dry ingredients until blended
Slice butter into dry ingredients, mixing until it blends into pea sized crumbs
Top peaches with crumble mix
Bake 30-40 minutes until lightly golden
Try mixing it up by adding cranberries, blueberries or other fruits for a unique flavor!