



Did you know?

June is National Dairy Month!

See our hints below for increasing calcium and vitamin D in your diet.

Build strong bones!



# Maschio's Food Services Inc. Cafeteria Connection

"Healthy Meals Grow Healthy Kids"

June 2009

### Summer Food Safety Tips

- Put ice packs or bags of ice in a cooler to transport cold items. Keep below 40 degrees Fahrenheit
- Securely wrap raw meats, poultry and seafood. Store separately from foods that will be eaten raw
- Keep the cooler CLOSED. Pack beverages in one and foods in another to prevent constant opening and exposure to heat.
- Marinate foods in the fridge—NEVER on the counter or outside
- Keep hot foods hot: Place cooked items on the grill away from the coals to keep hot and prevent over cooking. Keep foods at temperatures above 140 degrees Fahrenheit
- Keep foods out of the Danger Zone: 40-140 degrees F. If foods are left in the zone more Than 2 hours, or just one if temperatures exceed 90 degrees they must be discarded. At this temperature bacteria can multiply rapidly and cause foodborne illness.

For More Info Visit

<http://www.cfsan.fda.gov/~dms/fsummer.html>



### Fill in the Blanks!

June is National \_\_\_\_\_ Month

The Danger Zone is \_\_\_\_\_ degrees

\_\_\_\_\_ are the Fruit of the Month

You should consume \_\_\_\_\_ servings of dairy daily

Answers: Dairy, 40-140, Peaches, 3

A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!



### Peach Nutrition Facts

Serving Size: 1 Medium Peach  
 58 calories  
 0g Fat  
 285 mg Potassium  
 10 mg Vitamin C  
 489 IU Vitamin A

Fruit of the Month: **Peach**



Veggie of the Month: **Cucumber**



### Hidden Benefits of Dairy

Did you know that dairy provides your body with more than just calcium? Dairy products also contain Vitamins D, A, C and K, plus phosphorus, magnesium, potassium and zinc. With all these nutrients, its easy to see why dairy foods help do more than strengthen your bones. Research shows that low fat dairy, as a part of a healthy diet, may help reduce the risk of hypertension, obesity, and colon cancer. Start getting your 3-A-Day today!



For more information visit: [nationaldairy council.org](http://nationaldairy council.org)

### Juicy Peach Cobbler

#### Ingredients:

- 1/2 c butter, melted
- 4 c fresh peaches, peeled, pitted and sliced
- 2 Tbs. white sugar
- 1 C white sugar
- 1/4 tsp. salt
- 1 tsp. baking powder
- 1 c all purpose flour
- 1 tsp cinnamon
- 1/2 c skim milk

#### Directions:

1. Preheat oven to 350
2. Pour melted butter into a 9x13 pan
3. Toss together peaches and 2 Tbs. sugar in the prepared pan
4. Mix 1 cup sugar, salt, baking powder, flour, cinnamon, and milk.
5. Spoon batter over the peaches.
6. Bake 45 minutes or until top turns golden brown.

Enjoy!

Adapted from: <http://allrecipes.com/>

