

Maschio's Food Services Inc. Cafeteria Connection

Did you know?

June is National School Garden Month

and

National Dairy Month



"Healthy Meals Grow Healthy Kids"

June 2010

Be Cheesy During June!

June is National Dairy Month



-Dairy products are excellent sources of calcium, which is important for building strong bones and teeth.

-Some dairy products are fortified with vitamin D, which helps maintain proper levels of calcium in your body.

-According to the Dietary Guidelines, it is recommended that kids aged 4-8 years old get 800 mg calcium, or 2 servings of dairy, per day while kids aged 9-18 get 1,300 mg, or 3 servings of dairy, per day.

-1 serving of dairy is equivalent to 1 cup (8 oz) of milk and yogurt, 1.5 oz of natural cheese, and 2 oz of processed (American) cheese.

-Choose low-fat or fat-free dairy sources most often!

-Tips for making wise choices: include milk as the beverage at meals, enjoy yogurt as a snack, blend milk or yogurt with fruit for a smoothie, top frozen yogurt with fresh berries for a satisfying dessert.

Source: U.S. Department of Agriculture

A Complete Lunch Includes:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!

Fill in the Blanks!

Strawberries are full of Vitamin ____.

Kids aged 9-18 should get ____ servings of dairy every day.

Dairy products are excellent sources of _____.

Green beans are also known as _____.

Answers: C, 3, calcium, string beans

Strawberry and Banana Smoothie

Serves 1

Ingredients:

- 1/2 banana
- 1/2 cup fresh or frozen strawberries
- 1 cup milk, low fat
- 1/4 cup cold water
- Honey to taste

Instructions:

Peel banana and cut into small pieces. Rinse and cut strawberries into cubes. Place all ingredients in a blender. Blend and serve.

Enjoy for a snack *OR* with a piece of whole wheat toast for a well-balanced breakfast.

Nutrition Analysis (per serving):

Calories: 219, Protein: 9 g, Fat: 3.6 g, Sodium: 100 mg, Fiber: 3 g, Calcium: 308 mg, Vitamin C: 54 mg

Sources: www.easy-strawberry-recipes.com, www.mypyramid.gov

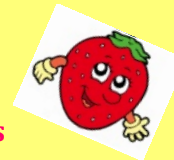
FOOD FACTS

Strawberries, one of the most popular berries in the world, are a good source of vitamin C, fiber, folate, and potassium.

Green beans, commonly called string beans, are a good source of vitamin K, vitamin C, and fiber.

Choose these seasonal foods throughout June and into the summer!

Fruit of the Month:
Strawberries



Veggie of the Month:
Green Beans

Let's Plant a School Garden!

If you're looking to get involved at your child's school, consider forming a Garden Committee. With support from school administration and the faculty and staff, form and implement a plan. Encourage those children interested to become a part of the planning process so they feel a sense of ownership. The kids can learn valued lessons about gardening and organization, and may feel more connected to the foods they eat. For more information, visit www.nationalgardenmonth.com. Source: National Garden Association

