

Maschio's Food Services Inc. Cafeteria Connection

St. Patrick's Day is March 17th!

Eat your Greens!



"Healthy Meals Grow Healthy Kids"

March 2010



Fill in the Blanks!

Broccoli, avocado, kale and cucumber are all examples of _____ vegetables

_____ is the MOST important meal of the day.

You can get your fiber from this tiny, chewy dried fruit: _____

Answers: Green, Breakfast, Raisins

Did You Know?

Raisins are dried Grapes!

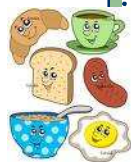
And a good source of:

Fiber, Potassium, and Antioxidants



March 8-12 is National School Breakfast Week!

Start your day right with a healthy breakfast! The choices are endless.. Ready, Set, Go!!



- Low-fat yogurt topped with whole grain cereal or granola and sliced berries
- Whole grain breakfast bar with a banana and glass of milk
- Whole wheat waffles with sliced banana and natural maple syrup
- Buckwheat pancakes with applesauce, walnuts and cinnamon
- Whole grain toast with natural nut butter on top and fruit
- Brown rice cakes with low-fat cream cheese and sliced pear
- Breakfast burrito with egg whites, low fat cheese, and vegetables of your choice in a whole wheat tortilla!
- Homemade whole wheat muffins or breads: pumpkin, banana, zucchini
- Whole wheat bagel with Low-fat cottage cheese and all natural fruit jam melted on top in toaster oven
- Whole grain cereal with low fat milk and piece of fruit

Breakfast is the most important meal of the day!



A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!

Fruit of the Month:
Raisins



Veggie of the Month:
Mixed Greens



*A good breakfast fuels you up and gets you ready for the day.

***Bonus Recipe**—great for the weekend!*

CRUNCHY FRENCH TOAST STICKS

- 3 eggs
- 1/4 cup low-fat or fat free milk
- 2 cups corn flakes, crushed
- 4 slices thick whole wheat bread, cut into thirds
- 1 tablespoon butter
- 1 Tablespoon Cinnamon, 1 Tsp Vanilla extract



Whisk the eggs, milk, cinnamon and vanilla in a bowl. Spread the crushed corn flakes on a plate. Dip each piece of bread into the egg mixture, then coat with the cereal on each side. Melt butter in a skillet over medium heat. Cook the coated bread in the skillet till golden. Top with cinnamon, maple syrup and sliced banana or berries.

Double Oat Granola

Ingredients:

- 1 cup dry rolled oats
- 1/4 cup whole-wheat pastry flour
- 1/4 cup ground almonds
- 2 tablespoons brown sugar, packed
- 3 tablespoons canola oil
- 1 tablespoon water

Directions:

1. Preheat oven to 325 degrees F. Lightly coat a 15x10x1-inch baking pan with nonstick cooking spray; set aside. In a large bowl, stir together rolled oats, oat bran cereal, wheat germ, and pecans. In a small bowl, stir together applesauce, honey, oil, and cinnamon. Pour applesauce mixture over cereal mixture. Using a wooden spoon, stir until applesauce is evenly distributed.

2. Spread granola evenly onto prepared pan. Bake about 40 minutes or until golden brown, stirring every 10 minutes. Stir in raisins. Spread on foil to cool. Store in an airtight container for up to 2 weeks. Makes 5 cups

