



Maschio's Food Services

"Healthy Meals Grow Healthy Kids"

May 2010

Did you know?

May is
National Barbeque Month

Fun BBQ Ideas for Kids

Cover tables in butcher paper and put out buckets of crayons for coloring.



Make a s'mores station with peanut butter, fruit sauce, white chocolate and chocolate graham crackers for new twists on an old favorite

Let the kids make their own veggie kabobs using their favorite raw vegetables



Use a wagon to hold ice and beverages. Line the wagon with large trash bags to prevent spills.



Put out fresh vegetable dippers, and

allow your kids to serve themselves rather than putting it on their plate. Serve with low fat dressing or yogurt. Also try fresh fruit with low fat whipped topping dippers for dessert.



Adapted from
www.celebrations.com



A COMPLETE LUNCH INCLUDES:
PROTEIN
GRAINS
FRUIT
VEGETABLE
MILK
Take all 5!

Fill in the Blanks

Bananas are a good source of _____
Carrots have a full days worth of _____
May is National _____ Month
Take all ___ for a complete Lunch!

Answers: 5 potassium, beta carotene, barbeque, 5

Celebrate Cinco de Mayo! With Easy Kids Quesadillas

What you'll need

- 2 Tbsp. butter
- 8 flour tortillas
- 1-1/2 cups shredded Monterey Jack cheese
- 1-1/2 cups shredded cheddar cheese
- 1/2 can diced green chilies, drained

How to

Spread butter on one side of each tortilla. Flip over. Divided cheeses and green chilies among four tortillas, buttered side down. Top with remaining four tortillas as if making a sandwich, buttered side facing out. Place quesadillas, one at a time, in hot skillet. Cook, flipping once, until cheese is melted and quesadillas are golden brown, 1-2 minutes. Kidscooking.about.com

Fruit and Vegetable of the Month:

Banana



Carrots

Did you know?

One serving of carrots has a days allowance of beta carotene, which fights free radicals, which are linked to cancer and heart disease.

Bananas are extremely high in potassium and low in sodium, the perfect ratio to prevent high blood pressure.

Toasted Hazelnut Carrot Salad

Ingredients

- 1/2 cup peeled hazelnuts, roughly chopped
- 1 lemon, juiced
- 1 tablespoon Dijon mustard
- Salt and freshly ground black pepper
- 1/3 cup extra-virgin olive oil
- 1 pound shredded carrots
- 1/2 small red onion, finely chopped
- 1/4 cup raisins
- 1/2 cup fresh flat-leaf parsley, roughly chopped

Directions

Place a small skillet over medium heat, add the chopped hazelnuts and toast until golden, stirring and flipping them about for about 5 minutes. While the nuts are toasting, juice the lemon into a salad bowl and add the mustard and some salt and pepper. Whisk in the extra-virgin olive oil in a slow steady stream. Add the shredded carrots, red onion, currants and parsley. Toss to coat in the dressing and sprinkle with the toasted hazelnuts.

www.foodnetwork.com