

Maschio's Food Services Inc. Cafeteria Connection

"Healthy Meals Grow Healthy Kids"

November 2009

Tips for a Healthy Thanksgiving

Drink plenty of water before and with your meal

Eat slowly, it takes your brain 20 minutes to register that you're full

Eat a healthy breakfast and snack before

Choose to eat special foods you don't get to eat regularly

Take a walk with your family and friends before or after your meal!



November 3 is National Sandwich Day!



Try one of these fun sandwich varieties today!



- Open Faced Ham, Cheddar and Apple Butter
- Smoked Salmon and Avocado
- Nutella Panini
- Roast Beef with Horseradish Mayo
- Grilled Peanut Butter and Banana
- Open faced Whole wheat bread with Swiss and Tomato
- Brie and apple slice Panini
- Try a variety of fun breads and cheeses to mix things up!



A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!

Fill in the Blanks!

Pick apples that are free of _____

Drink plenty of _____ before Thanksgiving Dinner

Take a _____ before or after your dinner

Peppers are a good source of _____

Answers: Bruises, water, walk, Vitamin C and A

Did You Know?

Peppers are a good source of:

Vitamin A and Vitamin C



Fruit of the Month:
Apples



Veggie of the Month:
Peppers



How to Pick Apples From the Orchard

To pick an apple twist it up and off of the branch, don't pull directly or shake the branches



Pick apples that are firm and free of bruises

Place the apples gently into your basket

Don't wash until you're ready to eat

Store in a cool place such as a basement or fridge- keep a damp towel nearby to increase humidity and prevent shriveling

www.pickyourown.org

Whole Grain Apple Pie

Ingredients:

Pie Crust

- 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

Filling

- 6 cups sliced and peeled tart apples (about 4 large apples)
- 1/3 cup frozen apple juice concentrate
- 2 tablespoons quick-cooking tapioca
- 1 teaspoon cinnamon

Directions:

To prepare pie crust, mix dry ingredients together in a large mixing bowl. In a separate bowl, mix oil and water together with whisk. Add oil and water mixture to dry ingredients. Mix until dough holds together. Add a bit more water if needed. Press dough into 9-inch pie plate. Set aside until filling is prepared. To prepare filling, combine all ingredients in a large bowl. Let stand for 15 minutes. Stir and then spoon into prepared pie crust. Bake at 425 F for 15 minutes. Reduce heat to 350 F and bake 40 minutes, or until apples are tender

<http://www.mayoclinic.com/health/healthy-recipes/>

