



Welcome! From

“Mac” Maschio

Maschio's Food Services CAFETERIA CONNECTION

“Healthy Meals Grow Healthy Kids”

September 2008

Mac is spreading the message of the importance of good nutrition and student wellness. Look for his messages in your cafeteria and menus!



Maschio's provides breakfast and lunches to students and faculty in schools throughout New Jersey. We look forward to serving you healthy and nutritious meals throughout the school year!



“Featured Veggie”

Peppers

One medium Bell Pepper contains only 30 calories and 190% of your daily vitamin C needs! Try getting this vitamin boost by adding sliced peppers to stir fry, salads or for added crunch as a sandwich topper.

SCHOOL MEALS MUST INCLUDE:

- PROTEIN
- BREAD/GRAINS
- FRUIT
- VEGETABLE
- MILK



Organic:

What does it really mean?

“Organic” refers to the way that farmers grow and process agricultural products such as fruits, vegetables, grains and meats. Organic practices are designed to reduce pollution and encourage conservation of soil and water. If a food is labeled as “certified organic” by the USDA it means the food is produced according to USDA standards, and at least 95% of its ingredients are organically produced. This seal is voluntary, but many farmers are using it. There is no conclusive evidence that organic foods are more nutritious than non-organic ones, and the USDA does not claim that they are safer or more nutritious.

Buying tips:

- Buy locally and in season-these foods will be the freshest
- Read labels— just because its organic doesn't mean its good for you!
- Natural does NOT mean organic— look for the USDA seal
- Wash all fresh fruits and vegetables to remove dirt and bacteria, use a small brush if necessary
- If you're worried about pesticides, remove the skin of your fruits and vegetables, or the outer leaves

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Fruit of the Month Blueberry Upside Down Cake

Ingredients:

- 2 cups frozen blueberries, not thawed
- 1/4 cup sugar
- 1 teaspoon cornstarch
- 1 package (6.5 or 7 ounces) muffin mix
- 1 egg, lightly beaten
- 1/3 cup low-fat milk
- 1 container (6 ounces) fat-free blueberry Yogurt

Preheat oven to 350°F; spray an 8-inch round baking pan with vegetable cooking spray; set aside. Rinse blueberries with cold water and pat dry with paper towels. In a medium bowl, stir sugar with cornstarch; add blueberries, toss to coat well. Spread blueberries in the prepared pan. In a medium bowl, blend muffin mix, egg and milk until batter is slightly lumpy (do not over mix); gently spread batter over berries. Bake until center springs back when gently pressed, 25 to 30 minutes. Cool 5 minutes in pan; invert onto a cake plate. Serve cake wedges with yogurt.

Yield: 6 portions

Per serving: 230 calories; 41 g carbohydrate; 5 g total fat

<http://www.blueberry.org/recipes/show.php?pid=33>



WORD SCRAMBLE

BESTWARRYR

CINGAOR

ULETCET

VIATCTIY

ANSWERS:
ACTIVITY
Strawberry, ORGANIC, lettuce