



Maschio's Food Services Cafeteria Connection

"Healthy Meals Grow Healthy Kids!"

May 2011

Did you know?
 May is National Barbeque Month, National Egg Month, and National Chicken Month. Celebrate Memorial Day and Cinco de Mayo!

May is National Barbeque Month! Celebrate Memorial Day this May!
 As the weather gets warmer, everyone has more barbeques! Eating healthy is all about making choices that are better for your body. Here are a few foods you can barbeque that won't stick to your ribs!

- * Grilled Chicken
- * Shish Kabobs
- * Vegetable Kabobs
- * Grilled Fruit (i.e., mangos, pears, peaches)
- * Grilled Fish



FRUIT OF THE MONTH
Plums

VEGETABLE OF THE MONTH
Peppers



Healthy Facts about Plums and Peppers!

- * Both are a great source of Vitamin A that helps your eyesight!
- * They have Vitamin C that helps you from getting sick and helps your cuts heal!
- * Contains dietary fiber, which gives a feeling of fullness and helps your heart stay healthy!

NATIONAL EGG MONTH FACTS

- Egg white contains high quality protein, which builds muscle strength and tissue and repairs muscle especially after we exercise! It also helps us stay energized throughout the day!
- Egg yolk has choline in it, which aids in brain development and function.
- Eggs are loaded with 13 essential vitamins and minerals!



Celebrate Cinco De Mayo with your family!

This holiday is celebrated by many but it is historically a time when people of Mexican decent celebrate their heritage, pride and freedom that they fought for. Food is a major part of this holiday!

Vegetable Salsa

Serves 16

Ingredients

- 1 cup diced zucchini
- 1 cup chopped red onion
- 2 red bell peppers, seeded and diced
- 2 green bell peppers, seeded and diced
- 4 tomatoes, diced
- 2 garlic cloves, minced
- 1/2 cup chopped fresh cilantro
- 1 teaspoon ground black pepper
- 2 teaspoons sugar
- 1/4 cup lime juice
- 1 teaspoon salt

Directions

Wash vegetables and prepare as directed. In a large bowl, combine all the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes to allow the flavors to blend.

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A COMPLETE LUNCH INCLUDES:

- PROTEIN**
- GRAINS**
- FRUIT**
- VEGETABLE**
- MILK**

Take all 5!



Word Scramble:

See if you can unscramble each of these words!

- Nviitma A _____
- Eqburbae _____
- Smplu _____
- Yiderat Irefb _____
- Ocnic ed Yamo _____
- Ggg Hetiw _____

1. Vitamin A, 2. Barbeque, 3. Plums, 4. Dietary Fiber, 5. Cinco de Mayo, 6. Egg White