

Have a safe and happy summer... and we will see you for the 2011-2012 school year!



Maschio's Food Services Cafeteria Connection

"Healthy Meals Grow Healthy Kids!"

JUNE 2011

Did you know?

June is National Dairy Month, School Garden Day & Flag Day!

June is National Dairy Month!

- * Remember the recommendation to get 3 servings of dairy daily – not only milk, but also cheese and yogurt, since these foods also are valuable and tasty sources of essential nutrients.
- * Only 30 percent of Americans meet their recommended intake of calcium... Dairy foods can help since they supply not only calcium, but also potassium, magnesium and vitamin A; nutrients that most Americans under-consume.
- * Milk is the No.1 source of not only calcium, but also potassium, phosphorus and vitamin D.
- * Research supports that enjoying three servings of milk, cheese or yogurt each day as part of a nutrient-rich, balanced diet may help maintain a healthy weight.

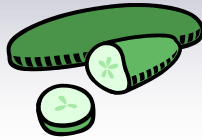


FRUIT OF THE MONTH



Nectarines

VEGETABLE OF THE MONTH



Cucumbers

Healthy Facts about

Cucumbers & Nectarines

- * "Cool as a cucumber" is not just a catchy phrase. The inner temp. of a cucumber can be up to 20 degrees cooler than the outside air because of their high water content (>95% water!)
- * Nectarines are good sources of Vit. A which keeps eyes & skin healthy plus provides total body infection protection.
- * They also contain Vit. C which gives you healthy teeth & gums as well as promoting cut & wound healing.
- * Nectarines & Cucumbers both supply fiber which gives you a healthy heart & happy gut!

A COMPLETE LUNCH INCLUDES:

PROTEIN
GRAINS
FRUIT
VEGETABLE
MILK

Take all 5!



June 14th is Flag Day; a day for all Americans to celebrate & show respect for our flag, it's designers & makers.

Our flag represents our independence and unity as a nation. Did you know that if you study flags you are a Vexillologist!

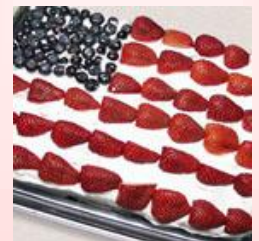
Show Your Colors & Let Your Healthy Side Shine with

Red, White & Blue Strawberry Shortcake:

- 1 (18.25 ounce) package yellow cake mix
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 pint blueberries, rinsed and drained
- 2 pints fresh strawberries, rinsed and sliced

DIRECTIONS:

1. Prepare cake according to package directions and bake in a 9x13 inch pan. Cool completely.
2. Frost cake with whipped topping.
3. Place blueberries in a square in the corner, and arrange sliced strawberries as stripes to make an American flag. Chill until serving.



Word Scramble:

See if you can unscramble each of these words!

1. riady _____
2. enairtcen _____
3. lgaf yda _____
4. bmucurec _____
5. C itamvine _____
6. eesehc _____