

Maschio's Food Services Inc. Cafeteria Connection

Did you know?

September is National Food Safety Education Month!



Is it done? Use a food thermometer!

Beef, lamb, and veal steaks, roasts and chops to 145 °F
Chicken and turkey to 165 °F
Ground beef, including hamburgers, to 160 °F



"Healthy Meals Grow Healthy Kids"

September 2009

Dietary Concerns

Back to school means we will be receiving lots of questions regarding food allergies, diabetes and other dietary concerns.

Here are some reminders:

- Please contact your school nurse first for school specific information, they can contact Maschio's for more information if needed

Life Threatening Food Allergies:

- If you are allowing your child to eat a school lunch, you **must** fill out a Maschio's **Standard Substitution Form** (to be reviewed by Maschio's) **signed by your physician** before your child may purchase lunch

- Food Labels are available in the cafeteria, please make an appointment with the school and food service director to look at them

- We are only able to provide information provided to us by the supplier, and cannot provide medical or nutritional advice, make recommendations nor make conclusions regarding food products.

- For More Information Please see our "Response to Requests for Medical Information Relative to Food Products" at :

www.maschiofood.com



Fill in the Blanks!

September is National _____
_____ Month

A Complete Lunch has _____ (#)

Components

"Healthy _____ Grow
Healthy _____!"

Answers: Food Safety
Education, 5, Meals...

A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!



Nutrition Facts:

Corn and Black Bean Salad, Serves 6
Calories: 191
Total Fat 5.5 g
Saturated Fat 0.8 g
Fiber: 7.8 g
Protein: 8.1 g



Fruit of the Month:
Grapes



Veggie of the Month:
Corn

Grape Gab



Selection: full, plump, firm fruit still attached to the stem

Storage: clear plastic bag in the fridge up to one week

Nutrition Benefits: Fat Free, Cholesterol Free, Very Low Sodium



1/2 cup = 60 calories

15% DV vitamin C

Fresh Corn and Black Bean Salad

Ingredients:

- 1 15 oz Can of Black Beans, Drained
- 1 10 oz can of Corn, Drained
- 1 tomato, chopped
- 1/4 c fresh cilantro, chopped
- 1/8 cup red onion, chopped
- 3 tbsp lemon juice
- 2 tbsp olive oil

Directions:

Combine all ingredients in a bowl
Refrigerate until ready to serve



Adapted from
www.recipezaar.com