



Introducing.....  
**"Mac" Maschio**

"Featured  
 Fruit"



**PINEAPPLE**

Nutrition Benefits:

Just 4 oz. of pineapple provides 100% of the Daily Value for Vitamin C and almost half of the Daily Value for Manganese, a trace mineral that is important for metabolizing fat and carbohydrate as well as in forming bone and connective tissue. 2 slices or 4 oz= 60 calories

Courtesy: Maui Pineapple Company



Mac Maschio says...  
 Healthy Meals Grow Healthy Kids



**WORD SCRAMBLE**

SALCOREI  
 UKIPPMN  
 BRETOCO  
 TRAAKSFEB  
 LEPPEIPAN

ANSWERS:  
 CALORIES, PUMPKIN, OCTOBER,  
 BREAKFAST, PINEAPPLE

# Maschio's Food Services CAFETERIA CONNECTION

"Healthy Meals Grow Healthy Kids"

FALL 2007

START SMART  
 WITH  
 BREAKFAST !



**SCHOOL MEALS MUST**

**INCLUDE:**

PROTEIN  
 BREAD/GRAINS  
 FRUIT  
 VEGETABLE  
 MILK



**DID YOU KNOW?...**

According to research by the USDA in 2005, Americans spent over 10 times more eating out than they did in 1974. And of the money spent eating out, more than half was spent on fast food. *Courtesy: Diet & Nutrition, Sept. 2007*



Lean beef is one of the most nutrient dense foods Americans eat and zinc is one of its top offerings. A three ounce serving of lean beef provides almost 40% of the Daily Value for the mineral. Chicken, Pork and whole wheat bread also

provide zinc, but in much smaller amounts. *Courtesy: Environmental Nutrition Sept. 2007*

Maschio's now has Birthday Party packages available for parents to order. Contact your cafeteria manger.

**PARTY PACKAGES:**

**Pizza Snack  
 Party!**

Mini Cheese Pizza  
 Bagelettes  
 Fresh Tossed Salad  
 100% Juice  
 Chocolate Chip Cookie  
**\$4.25 per student**

**VEGGIE PARTY!**

Fresh Vegetable Sticks  
 Low Fat Ranch Dip  
 100% Juice  
 Spring Water  
**\$2.75 per student**

**DELICIOUS FRUIT!**

Fresh Cut Fruit  
 Low Fat Yogurt Dip  
 100% Juice  
 Spring Water  
**\$3.00 per student**

Extras: 24 Low Fat Muffins  
**\$12.00**

**RECIPE CORNER:**

**Pumpkin-Yogurt Cheesecake  
 Shake**

1 14-ounce can pumpkin, chilled  
 3 ounces reduced fat cream cheese  
 1 6 ounce container low fat vanilla yogurt  
 2 cups low fat milk  
 1/4 cup brown sugar  
 1/2 tsp. vanilla extract  
 1/2 tsp. cinnamon  
 1/8 tsp. nutmeg  
 6 tsp. graham cracker crumbs, optional

Place all ingredients except graham cracker crumbs in a blender. Blend until smooth. Pour into glasses and top each with a teaspoon of graham cracker crumbs, if desired. Makes 6 servings.

**Nutrition Analysis per Serving**

150 Calories  
 23 g Carbohydrates  
 6 g Protein  
 3.5 g Total Fat  
 200 mg Calcium  
 2 g Dietary Fiber

*Courtesy : nutritionexplorations.org*

