

Introducing.....
"Mac" Maschio

Maschio's Food Services CAFETERIA CONNECTION

"Healthy Meals Grow Healthy Kids"

SUMMER 2007

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



Many students are enjoying school meals over the summer. Maschio's provides summer feeding to students throughout New Jersey who participate in meal programs through schools, communities, and camps.

"Featured Fruit"



Cantaloupe

Nutrition Benefits:
Fat free, saturated fat free, very low sodium, high in Vitamins A and C and a good source of folate.

1/4 medium size melon=
50 calories.



SCHOOL MEALS MUST INCLUDE:

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

NEW JERSEY MODEL NUTRITION POLICY



All public schools in New Jersey are required to implement the NJ Model Nutrition Policy by September 2007. The policy calls for a limitation on fat, no more than 8 grams of total fat per serving and no more than 2 grams of saturated fat per serving for any product sold a la carte. Only milk, waters and 100% juices may be sold as beverages in elementary schools. In middle and high schools, 60% of beverage offerings must meet this criteria. Any foods listing sugar as the first ingredient are prohibited from school meals and snacks. Many schools have already adopted this policy into their School Wellness Plans. Please contact your school cafeteria manager if you have any questions on your schools policy.



Yahoo for Yogurt!!

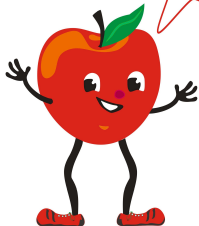
Yogurt, long touted as a health food and excellent source of calcium, is now positioned as being even more healthful, with additional bacteria, fiber and vitamin D added to some brands. Yogurt has good bacteria called probiotics which help keep harmful bacteria at bay in your digestive tract. Some research suggests probiotics may boost immunity, lower cholesterol and curb some cancers. When purchasing yogurt, read labels and look for the least amount of sugar, and at least 20% of the Daily Value for calcium.

Environmental Nutrition-May 2007

Mac

Maschio says...

Healthy Meals
Grow
Healthy Kids



WORD SCRAMBLE

NELWSSLE
YERNEG
CRESIXEE
NAEGOR
LIACCMU

ANSWERS:
WELLNESS, ENERGY, EXERCISE,
ORANGE, CALCIUM

RECIPE CORNER:

Strawberry Smoothie



- 1 1/2 cup cold fat free milk
- 1 container (8 ounces) vanilla low fat yogurt
- 1 cup frozen strawberries

Place milk, yogurt and berries in blender. Cover and blend on high speed about 30 seconds or until smooth.

2 Servings (about 2 cups)