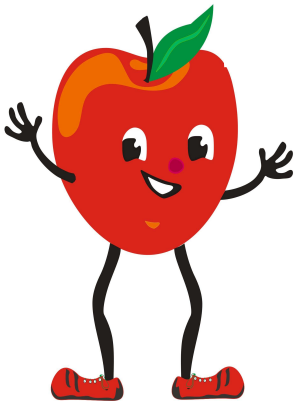


Introducing.....

"Mac" Maschio

Maschio's Food Services CAFETERIA CONNECTION

"Healthy Meals Grow Healthy Kids"

WINTER 2008

National School Breakfast Week: March 3-7, 2008

You've all heard that breakfast is the most important meal of the day. This is especially true for school-aged children. Studies show that children who eat breakfast perform better and are more alert than those who don't. The benefits are unmistakable. Not only will your children receive a nutritious breakfast, but their school performance may improve as well!

Courtesy: School Nutrition, November 2007

SCHOOL MEALS MUST INCLUDE:

PROTEIN
BREAD/GRAINS
FRUIT
VEGETABLE
MILK

"Featured Fruit"

Blueberries

Fruits and vegetables that are blue or purple are among the most healthiest. 1/2 cup of blueberries is only 60 calories. The reason for this is they contain phytochemicals, which help improve health or decrease the risk of certain diseases.

Courtesy: Today's Diet & Nutrition, April 2008

Did You Know...?

Just 2 tablespoons of peanut butter provides a considerable amount of vitamins and nutrients. It contains a serving of protein which provides energy, builds muscle, and repairs cells. Peanut butter is full of vitamin A, zinc, iron, fiber, magnesium, copper, selenium, and B vitamins. It also provides a good source of monounsaturated (heart-healthy) fats. Researchers found diets rich in peanuts and peanut butter have the added benefit of lowering triglyceride levels compared with diets low in peanut butter.

Courtesy: Today's Diet & Nutrition, April 2008

RECIPE CORNER:

Spinach Salad with Clementines

6 cups baby spinach leaves
12 clementines, sectioned
1/2 cup walnut or pecan pieces
1 bunch green onions, sliced crosswise (optional)
1/2 cup sliced water chestnuts (optional)

For the dressing:
3 tablespoons olive oil
Juice of two limes or lemons (about 1/4 cup)
1 tablespoon Dijon mustard (optional)

Place the salad ingredients in a bowl. Stir the dressing ingredients together and toss with the salad.

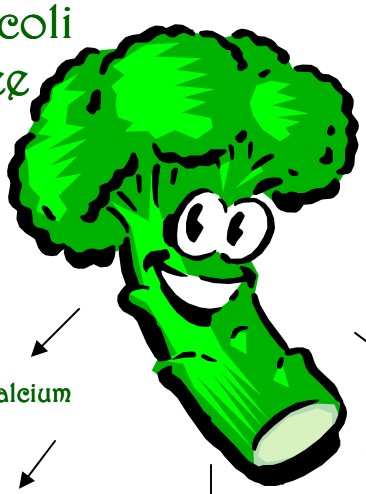
4-6 servings

The origin of the word "walnut," ***Juglans regia***, comes from the Romans. The word ***juglans***, from the Latin, means "the acorn of Jupiter," while ***regia*** refers to royalty. You could actually translate its Latin name to mean "the royal acorn of Jupiter."

Courtesy: www.vegparadise.com

WORD SCRAMBLE

LCORBICO
LUSWTAN
CNESTELMENI
RESBUELBRIE
AUPTNE
TREBUT

ANSWERS:
BROCCOLI, WALNUTS, CLEMENTINES, BLUEBERRIES, PEANUT BUTTER

Broccoli Tree