

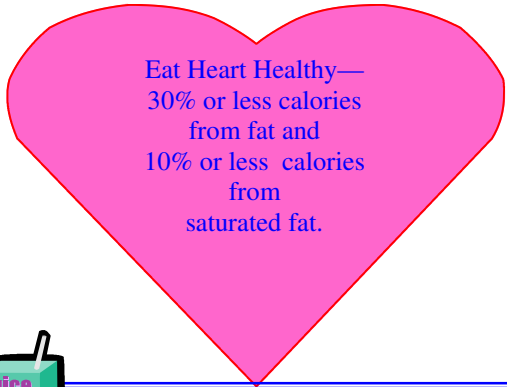
Introducing.....
“Mac” Maschio

Maschio's Food Services CAFETERIA CONNECTION

“Healthy Meals Grow Healthy Kids”

SPRING 2007

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



**START YOUR DAY IN A HEALTHY WAY!
 EAT A WELL BALANCED BREAKFAST!**

National School Breakfast Week-March 5-9

SCHOOL MEALS MUST INCLUDE:

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



Nutrient Analysis of a Typical School Meal:

- Chicken Stir Fry
- Rice
- Chinese Style Vegetables
- Fresh Banana
- Low Fat Milk

Cals...	693
Chol...	63 Mg
Fiber...	10.2 G
Iron...	4.4 Mg
Calcium...	387.7 Mg
Vit. A...	2122 RE
Vit. C	81.0 Mg
Protein	36.5 G
Carb.	101.1 G
Total Fat..	17.5%
Saturated Fat...	4.1%



THE JUICE BOX

Grape Juice: An excellent source of vitamins C & K., grape juice has been linked to improve short term memory, coordination and balance. Daily grape juice may also benefit blood pressure and arterial function. Of course, the effects of grape juice vary depending on the variety of grape from which it is made. Red grapes contain a phytochemical that increases production of leptin, a hormone that regulates appetite, and adonectin, a protein that enhances fat burning. Many antioxidants are found in the seeds and skin.

Mac Maschio says...

Healthy Meals Grow Healthy Kids

RECIPE CORNER:

Peachy Yogurt Cooler

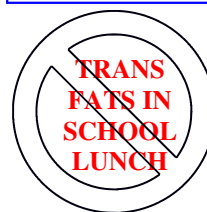


- 1/2 cup milk
- 1 container (6 ounces) Yoplait Original peach yogurt
- 1 peach, peeled, pitted and cut-up
- Ground nutmeg
- Place milk, yogurt and peach in blender.
- Cover and blend on high speed about 30 seconds or until smooth. Sprinkle with nutmeg.
- 2 Servings (about 1 1/4 cups each)

WORD SCRAMBLE

FREBTASK
 RGOTUY
 ESRGPA
 LYAHETH
 COAIHSSM

ANSWERS: BREAKFAST, YOGURT, GRAPES, HEALTHY, MASCHIOS



☆☆☆☆☆☆☆☆

☆☆ GRAPES ARE ☆☆

☆☆ GREAT! ☆☆

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