



MASCHIO'S FOOD SERVICES

"Healthy Meals Grow Healthy Kids"

NOVEMBER 2010

Did You Know?

November is the month to celebrate:
National Apple Month
Sandwich Day (11/3/10)
Veterans Day (11/11/10)
Thanksgiving

"An Apple a Day Keeps the Doctor Away"

National Apple Month is celebrated September through November. One way to celebrate this delicious and nutritious fruit is by exploring the different varieties across the nation. You can go to your local farmers market, grocery store, or orchard to gather your favorite apples and try new varieties!

Apples can be chopped up and tossed into salads, stir-fry's, casseroles, sliced up for a snack and of course baked for a dessert.

A COMPLETE LUNCH INCLUDES:

- PROTEIN
 - GRAINS
 - FRUIT
 - VEGETABLE
 - MILK
- Take all 5!**

Fill in the Blanks

Apples are celebrated from September through _____.

Turkey is usually the main dish at _____.

Zucchini is a summer squash that is high in vitamins A & _____.

Answers: November, Thanksgiving, C

Tasty and Easy
 Vegetable Side Dish
 Recipe

Zucchini and Tomato with Parmesan Cheese

Makes: 8(1/2 cup serving)

Ingredients:

- 2 teaspoons extra virgin olive oil
- 2 pounds zucchini (4 medium), thinly sliced
- 2 medium tomatoes, chopped
- 1/2 cup Parmesan Cheese, finely shredded
- 1/8 tsp salt
- black pepper to taste

Directions:

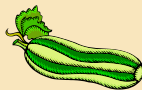
1. Heat oil in a large non-stick skillet over medium heat.
2. Add zucchini and cook, stirring every 2 minutes, until tender and add tomatoes and stir until softened.
3. Reduce heat to medium-low, sprinkle with salt and pepper; stir to combine.
4. Sprinkle with cheese, cover and cook until the cheese is melted, 1 to 2 minutes more. Serve warm.

FRUIT OF THE MONTH

Apples



VEGETABLE OF THE MONTH



Zucchini

Top 10 Varieties From Across The Nation

- **Red Delicious** - sweet, crispy and juicy; great for a snack or in a salad.
- **Golden Delicious** - mellow and sweet; great for apple pie and also in a salad.
- **Gala** - crispy, juicy, very sweet; good for snacking or for applesauce.
- **Granny Smith** - green flesh, very tart flavor; best for baking and pies.
- **Fuji** - sweet flavor and firmness; try it in a salad, for sauce or just to snack on.
- **McIntosh** - juicy, tangy, and tart with a tender, white flesh; great for making applesauce!
 - **Rome** - mildly tart apple; primarily used for cooking.
- **Empire** - crisp, juicy with a delightful sweet-tart flavor and creamy white flesh; a well known snacking apple.
- **Idared** - tangy flavor and firm texture; good for snacking and baking.
- **Braeburn** - crisp, juicy with a rich, spicy-sweet flavor; great for baking and on salads.

Source: US Apple Association

Healthy Facts

APPLES are a good source of fiber and antioxidants!

The summer squash ZUCCHINI is packed with the mineral manganese, & vitamin C, and a good source of magnesium, fiber, and vitamin A!