



# Cafeteria Connection

May 2018

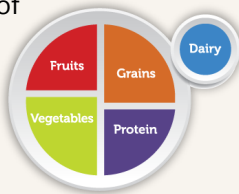
Watermelon is a juicy snack packed with vitamin A, vitamin C, vitamin B6, and lycopene! Did you know? The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.

## Mark Your Calendars...

National Hamburger Month  
National Strawberry Month  
**May 4th** Orange Juice Day  
**May 5th** Cinco De Mayo  
**May 5th** School Lunch Hero Day  
**May 13th** National Apple Pie Day  
**May 13th** Mother's Day  
**May 28th** Memorial Day

## What Makes a Meal?

Each meal consists of **Five** components:  
Meat/Meat Alternate, Grain, Vegetable, Fruit, and Milk



## For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**



Maschio's Corporate Registered Dietitian Lydia Maggio spoke to the 4th grade students in Mrs. Jordan's class at Round Valley school in Clinton Twp. She taught them the importance of a well balanced meal, how to read nutrition facts on packages, and healthy eating.

## Prebiotics, Probiotics, & Digestion

Did you know that you have bacteria in your stomach? That's right! The bacteria in your gut is natural and actually helps you digest your food. These good bacteria grow when you eat healthy foods containing components called prebiotics and probiotics. Prebiotics are plant fibers that help the good bacteria grow in your gut. These are found in fruits, vegetables and whole grains such as whole grain bread, apples, bananas, onions, garlic, and beans! Probiotics are the good bacteria that grow naturally in your stomach. They are very important not only because they help to digest your food but also help with your immune system and overall gut health. Even though they are already in your gut, you can get these healthy bacteria in fermented foods such as yogurt, cheese, sauerkraut, and more!

Prepared by: Stacie De Lucia, Dietetic Intern & Lydia Maggio, RD  
Source: [www.eatright.org](http://www.eatright.org)

## Staying Hydrated

Now that the weather is heating up, it is time to make sure we stay hydrated throughout the day. You may think that if you are not feeling thirsty, you do not need to drink, but that is definitely not the case. Water is one of the most essential nutrients as it is the most abundant substance in the body that keeps us functioning at our best and worst. Not only does it keep us cool in the heat, it also helps our cells carry and absorb nutrients so we can heal quickly and stay healthy. It is recommended for kids and teens to drink at least 6-8 cups of water per day to stay hydrated. But remember, when you are doing physical activity, especially in the heat, you need to drink before, after, and during! Did you know that you also get a big portion of your water from the foods you eat? To stay hydrated, try eating fruits and veggies high in water content such as cucumbers, strawberries, melon, tomatoes, peppers, celery, broccoli, carrots, and spinach.

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## Chef Matt's Orange Creamsicle Pops

Makes 4 2oz Popsicles

### Ingredients:

1/2 Cup Vanilla Yogurt  
1/2 Cup 100% Orange Juice, pulp free  
2 Tsp. Powdered Sugar

### Directions:

1. In a bowl, whisk all ingredients until smooth and well combined.
2. Pour the yogurt mixture into a plastic popsicle mold or ice cube tray; cover the tray tightly with plastic film.
3. Insert popsicle sticks directly into the center of the popsicle molds through the plastic film (or toothpicks if using ice cube trays).
4. Freeze for at least 4 hours or overnight until completely solid.
5. Remove pops from tray and enjoy!

Note: if you are having a hard time removing the popsicles from the mold, dip the mold into some warm water for a few seconds, this will loosen the popsicle from the mold.



Corn on the Cob is a good source of fiber, thiamin and folate! Did you know? The average ear of corn has 800 kernels, arranged in 16 rows. There is one piece of silk for each kernel!