



Cafeteria Bytes

September 2015

What's for Lunch?

Maschio's cafeterias are providing school meals that meet all the USDA mandated nutrition standards.

Your child will be offered:

- ⇒ Increased serving sizes of fruits & vegetables
- ⇒ A large selection of vegetables including dark green, red & orange varieties and legumes.
- ⇒ Fat-free flavored/unflavored milk or 1% unflavored white milk
- ⇒ Age appropriate calorie ranges
- ⇒ **All** grain products are whole-grain rich!
- ⇒ Reduced sodium entrées and snacks

Each meal consists of 5 components: fruits, vegetables, milk, grains, and meat/meat alternates.

For a USDA compliant meal:

- ⇒ Students must select at least 3 out of the 5 components
- ⇒ One of those components must be at least 1/2 cup fruit or vegetable

How to Build a Healthy Lunch in the Cafeteria



Fill half your tray with fruits and vegetables

- Did you know that you can take up to 1 cup of fruit with your meal? There are a variety of options to choose from!
- Your meal comes with the vegetable of the day and an option from "Mac's Veggie Patch." That's 1 cup of vegetables for lunch!
- Choose from a variety of entrées available each day which incorporate whole muscle chicken products, lean beef, turkey, whole grains and more!
- Wash your meal down with a refreshing 1/2 pint of milk!
- Remember, if you take all 5 components, your meal will leave you energized and satisfied!

Break Out of Your Routine and Eat School Breakfast

- ⇒ A nutritious breakfast provides students with the energy and satiety they need to focus in the classroom and keep them healthy by providing key nutrients.
- ⇒ Research has shown that breakfast is associated with positive effects on grades, increased standardized test scores and improved attendance.
- ⇒ Maschio's offers affordable healthy breakfast meals that consist of fat-free flavored/unflavored or 1% milk, fruit, whole grains, and lean proteins.

If your schools participates in the National School Breakfast Program, give it a try today!

Did you know that if you are approved for free or reduced lunch, you are also eligible for breakfast!