

# Cafeteria Connection

Maschio's  
Food Services, Inc.

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## May 1<sup>st</sup> 2026 - National School Principals' Day

Thank your Principal today and give them **CHEER**. There's a lot of planning, caring, organizing, supporting, inspiring leadership and even some trivial days throughout the school years that our beloved Principals are managing. A Principal is someone who exudes leadership and will help guide the school teammates to victory. So, help celebrate by offering them an apple or thank you card and maybe even help set up a small event with some food and beverages showing thanks and appreciation for their leadership and guidance. Or just asking to lend a helping hand can let the Principal know they are appreciated. A small gesture can go a long way.



## Dietitians Pick

This asparagus tomato salad offers a delightful combination of flavors while also providing a lot of different nutrients. Asparagus is a good source of potassium while tomatoes provide vitamin A and vitamin C. Did you know that tomatoes are in the fruit family but are considered a vegetable because they are served and prepared like a vegetable. Tomatoes grow on a plant that is 3-10 feet in height that has a weak, woody stem with smaller branching stems containing leaves 4-10 inches long. While most tomatoes are red, there are some yellow and orange variations. Combined, these components form a salad that not only pleases the palate but also provides the body with an array of vitamins and minerals.



## The 3<sup>rd</sup> Friday of May Each Year- National Bike to School Day!

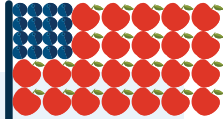
Whether student, faculty or staff; celebrate a healthier lifestyle and a smaller carbon footprint by bicycling to school on National Bike to School Day. Since the 1800s bikes have been around and started in Europe. There were even many different sizes and styles back then. The bicycle craze in America began in 1878 on the east coast. Bicycle makers Pickering and Davis published the world's first cycling newspaper in New York city. Many of the states have taken part in bike to school events since the day was first declared on May 9th, 2012. In 1885, John Kemp Starley designed the first bicycle with two of the same sized tires and safety brakes to be used with your feet instead of jumping off the moving bicycle.



**DID YOU KNOW?** In 1803 the great bicycle race called The Tour de France began annually and was the biggest test of endurance out of all other sports at the time with as many as 22/8 person teams racing. Try bicycling in with a friend, stay safe and healthy and hydrated this time of year as well!

## May Holidays

Month of the Blessed Mother Mary  
National Hamburger Month  
National Egg Month  
National Asparagus Month  
National Strawberry Month  
National Salad Month  
National Barbecue Month  
National American Cheese Month  
National Salsa Month  
**May 1** National Principal's Day  
**May 2** School Lunch Hero Day  
**May 4** Orange Juice Day  
**May 5** Cinco de Mayo  
**May 5** National Teacher's Day  
**May 6** National School Nurse Day  
**May 10** Mother's Day  
**May 13** Feast of Our Lady of Fatima  
**May 13** National Crouton Day  
**May 14** The Ascension of the Lord  
**May 14** National Buttermilk Biscuit Day  
**May 16** National Barbecue Day  
**May 16** Ascension of the Lord  
**May 21** National Eat your Vegetables Day  
**May 24** Pentecost  
**May 25** Memorial Day  
**May 27** National Grape Day  
**May 28** National Hamburger Day  
**May 26** Trinity Sunday  
**May 31** Most Holy Trinity



## Asparagus Tomato Salad

Serves 4-6



### INGREDIENTS:

- 1 pound Fresh, Asparagus
- 3/4 cup Cherry Tomatoes, Halved
- 1 Tablespoon Red Onion, Chopped
- 1-2 Tablespoons Olive Oil
- 2 1/2 teaspoons Lemon Juice
- 2 1/2 teaspoons Dijon Mustard
- 1/2 cup Basil, chopped or 2 teaspoons Dried Basil
- Salt and Black Pepper to Taste



**1.** Cut asparagus into 1-2 inch pieces; discarding woody or white bottoms of asparagus. \*Cut tomatoes in half and chop onion. Loosely chop the basil.  
**2.** Whisk together the oil, lemon juice, mustard, and basil. Season the dressing with salt and pepper to taste. Combine the dressing with asparagus, tomatoes and onion. Stir well to coat. Refrigerate until service.

\*If you prefer, you can steam the asparagus instead of leaving it raw. After steaming, make sure to rinse asparagus with cold water before combining with other ingredients.

Enjoy!