

Cafeteria Connection

Maschio's
Food Services, Inc.

MAY 2026

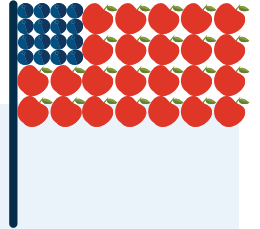
May 1st 2026 - National School Principals' Day

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.



May Holidays

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 National Crouton Day
May 14 National Buttermilk Biscuit Day
May 16 National Barbecue Day
May 21 National Eat your Vegetables Day
May 25 Memorial Day
May 27 National Grape Day
May 28 National Hamburger Day



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 3rd 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!

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!