



Cafeteria Connection

Vaschio's Food Services, Inc.

JULY 2026

Beat the Heat: Stay Hydrated This Summer

Summer is here, bringing plenty of sunshine, heat, and humidity! During these warmer months, staying hydrated is especially important for both children and adults. Water plays a vital role in keeping our bodies healthy by helping transport oxygen and nutrients, regulating body temperature, supporting digestion, and removing waste products.

According to the American Academy of Pediatrics, children ages 1-3 should drink about 4 cups of water each day, while older children may need 7-8 cups daily — and even more during hot weather or physical activity.

Hydration doesn't just come from beverages! Many fruits and vegetables contain high amounts of water and can help keep you cool and refreshed. Summer favorites like watermelon, peaches, cucumbers, strawberries, and oranges are delicious ways to stay hydrated while enjoying seasonal produce. Beat the heat this summer by eating fruits and vegetables of different sorts throughout the week while drinking plenty of water!



July Holidays

National Hot Dog Month
National Ice Cream Month
National Peach Month
National Blueberry Month
National Baked Beans Month
July 4 Independence Day
July 5 National Graham Cracker Day
July 7 National Macaroni Day
July 8 National Raspberry Day
July 9 National Sugar Cookie Day
July 11 National Blueberry Muffin Day
July 11 National French Fry Day
July 14 National Mac & Cheese Day
July 16 National Hot Dog Day
July 20 National Fortune Cookie Day
July 20 National Ice Cream Day
July 28 National Milk Chocolate Milk Day
July 29 National Chicken Wing Day
July 31 National Avocado Day

Dietitian's Pick



Grilled Strawberry Kebabs with Lemon Mint Sauce

Strawberries are a sure way to know that summer is in full swing! While many enjoy strawberries whole or sliced, try grilling them in this recipe for an enhanced sweetness. Strawberries have a ton of vitamin C, which helps to support immunity, while the mint in this recipe helps to support digestion. These kebabs are sure to be a hit at any cookout or gathering!

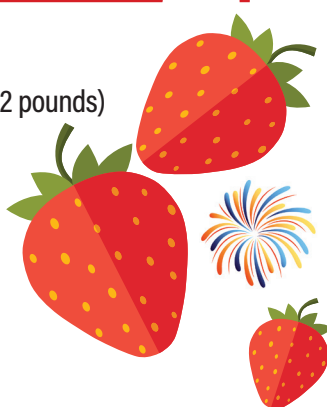
Serves 4-6

INGREDIENTS:

- 24 Ripe Medium Strawberries, Hulled (about 1 & 1/2 pounds)
- 1 tablespoon Vegetable Oil
- 4 tablespoons Pure Maple Syrup
- 1/4 cup Loosely Packed Mint Leaves, torn
- 1 teaspoon finely grated Lemon Zest
- 3 tablespoons Lemon Juice

INSTRUCTIONS:

- Special Equipment: Eight 10-inch wooden skewers, soaked in water at least 15 minutes.
- Preheat a grill or grill pan to medium-high and scrape it clean with a grill brush.
- While the grill preheats thread the strawberries onto the skewers, piercing each strawberry with 2 skewers and making a total of 4 kebabs with 6 strawberries on each (double-skewering the strawberries will make them easier to turn). In a cup, combine the oil and 2 tablespoons of the maple syrup. Brush the syrup mixture over the strawberries.
- In a small bowl, combine the mint, lemon zest and juice and remaining 2 tablespoons of maple syrup.
- Grill the strawberries until they are softened and have grill marks, 3 to 4 minutes per side. Serve the strawberries drizzled with the lemon-mint sauce.



Picnic Vibes: Relax, Unwind, and Enjoy!

National Picnic Month starts in July. It's the perfect time to enjoy fresh air, family time, and healthy foods outdoors. Instead of packing sugary fruit punch and barbecue-flavored chips, try whole-grain sandwiches with a side of various crisp vegetables, summer fruits, and plenty of water to stay hydrated. Try packing a healthy, crunchy trail mix with whole-grain cereal, dried fruit, chocolate chips, and seeds of your choice. Natural granola fruit bars made from dates and other dried fruits or fresh sliced melon are all healthier options that can make eating outside fun and easy.

This summer, let's fill our picnic basket with healthy choices and make our memories that fuel our bodies and our adventures!

