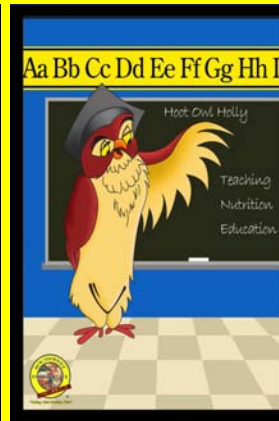
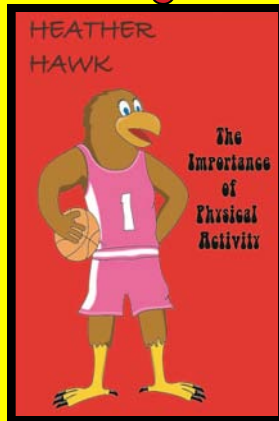




Monthly Newsletter: MAY



A note from:
Southwest Foodservice Excellence, LLC
It's May!
 Another school year is coming to an end and summer is almost here! Summer is a great time to play, explore & have fun outside. When you're outside make sure that you drink plenty of water. When you spend the day playing outside in the hot sun, your body may lose a lot of water because you are sweating. If you do not drink enough water to replace the water you have lost from sweating you may become dehydrated. Dehydration means that your body doesn't have enough water in it to keep it working right. To make up for the water you lose make sure to drink lots of cool drink of water. If you don't replace the water your body has lost, you might start feeling sick. So lets stay safe and hydrated! Drink at least 8 cups of water a day to make sure your body stays hydrated & healthy!!

Hello Everyone!
Coyote Carlos here!
 I want every student to have a safe summer & to help make sure you do I have thought of a few things for you to remember:

- Prevent sun burns & sun damage by wearing sun block.
- Stay hydrated! Drink at least 8 cups of water a day.
- Walk safe! Be alert to the traffic dangers around you and look both ways before crossing the street!
- Don't talk to strangers!
- Just say no to drugs or alcohol!

Have a safe and super summer!

Here are some GREAT MyPyramid tips to follow


Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread and oatmeal, more often.

Vary your veggies. Go dark green and orange with your vegetables; eat spinach, broccoli, carrots, & sweet potatoes.

Focus on fruits. Eat them anytime! Choose fresh, frozen, canned, or dried, but go easy on the fruit juice.

Get your calcium-rich foods. To build strong bones serve low fat and fat-free milk and other milk products several times a day.

Go lean with protein. Eat lean or low fat meat, chicken, turkey, and fish. Also, try more dry beans and peas. They are a great source of protein!



Don't Forget!
 May 3-7 is **Child Nutrition Worker Appreciation Week**. Take some time to let your cafeteria staff know how much you appreciate all they do!

Finish the Story
 Fill in the blanks with the right letters.
 ___pples are good for you. Some ___pples are yellow, some are red. When I went to the store, I saw ___roccoli right next to ___arrots. There were bunches of ___rapes. While in the store, my mom asked me to pick out the best looking ___omatoes for my bacon, ___ettuce, ___omato sandwich. As we checked out, I gave the cashier two bags of ___pples, one bag of ___otatoes, and a big ___atermelon. Grocery shopping can be fun. Look for all the colors of the fruits and vegetables and do not forget to try something different like a ___icama!

May is National Salad Month
 and we're celebrating with this recipe for
Garden Goodies Salad
Preparation time: 30 Minutes Servings: 1.

Ingredients:

- ½ cup shell pasta, medium, cooked
- ¼ cup carrots, shredded
- 3 oz. fresh turkey tenderloin, roasted
- 1½ cups Romaine lettuce
- ½ cup cucumber, peeled, sliced
- 6 cherry tomatoes, halved
- 2 tablespoons fat-free ranch dressing



DIRECTIONS: Cook pasta according to package directions. Cube roasted turkey. Toss together carrots, turkey, Romaine lettuce, cucumber, and tomatoes; drizzle ranch dressing over top. Refrigerate until chilled.

Each serving provides: An excellent source of vitamins A and C, and potassium, and a good source of folate, magnesium and fiber.

Credit: Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC.

