

SCORE BIG WITH SCHOOL BREAKFAST

**MARCH 8-12
JOIN US IN
CELEBRATING
SCHOOL
BREAKFAST
WEEK!**

Did you know our school breakfasts meet strict guidelines for nutrition?

All meals are served with 1 cup of fruit, 8 oz of low fat milk and 2 oz of whole grains. Meals meet grade specific calorie requirements ranging from 350-600 calories, and all meals average less than 10% of calories from saturated fat.



Breakfast Bites

What's a beach volleyball player's FAVORITE breakfast?

An Egg SAND-wich

I think I'm going to ace this test today!

ORANGE you glad you ate a good school breakfast?

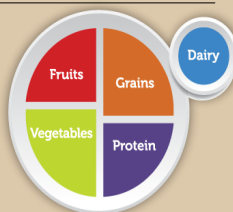
Ready for today's pop quiz in science?

Are you YOLK-ing me? Of course, I am!

Maschio's Grab and Go Meals

Check out Grab and Go meals available in your district!

Many districts are offering free meals to students regardless of their meal status. Meals are also available for remote learning days!



Visit your district's food services page for details or call Maschio's Food Services at 973-598-0005

Fuel up with Fruits and Veggies

Studies have shown various benefits of a high intake of fruits and vegetables, such as lowering the risk of cardiovascular diseases, lowering blood pressure, and may reduce the risk of Type 2 Diabetes. Here's how to get more fruits and veggies all day long!

Breakfast:

- Overnight oats/ oatmeal: Overnight oats or oatmeal have been popular in recent years and they're easy to make. You can add blue berries, bananas, strawberries or even shredded carrots in your oatmeal along with some nut butter.
- Add fruits to your waffles, French toast, pancakes, yogurt.
- Add vegetables to your eggs, tortilla, or breakfast burritos.
- Blend it all. Fruits and vegetables can be blended into a smoothie if you are in a rush.

Lunch:

- Add vegetables to your sandwiches. Pepper, avocado, onions, tomatoes, cucumbers, and lettuce make nice toppings!
- Fruits can be added into salad too! Add blueberries, strawberries or oranges into your salad to give you a sweet and savory mix.
- Incorporate more vegetables in your dishes. Add shredded mushrooms, carrots, zucchini or spinach to your pasta dishes, meatballs, or burger patties.

Snacks:

- Apple with nut butter.
- Raw vegetables such as carrots, bell pepper, snap peas, or celery with hummus.
- Top rice cakes with nut butter and fruits such as strawberries, banana or blueberries.
- Add fresh, frozen or canned fruit in it's own juice, to yogurt.



DIY Greenhouse Using Bottle Box® Containers

March is the perfect time to start thinking about your garden.

Whether you have a big back yard or a sunny window, there is always an

opportunity to get your hands dirty and grow something. This month is a good time to start seeds indoors for the first plantings in May. Broccoli, cauliflower, peas, beans, lettuces and spinach seeds can be sown right now so the seedlings will be ready when the outdoor temperature is warm enough in a few weeks. Make your garden even greener by reusing our Bottlebox® containers from your Grab and Go meals as mini greenhouses. Just fill with potting soil, sow the seeds according to the instructions on the packet, add water and close lid. Be sure to place in a sunny window to watch the magic happen. Once they've sprouted post your photo and tag us @maschiofood #gogreenwithmaschios