



THE MONTHLY NEWS

Food Services Department



Exeter Township School District

www.exeter.k12.pa.us

January 2019

HEALTH BENEFITS OF MANGOS

In addition to sumptuous tropical flavor, mangos deliver a host of nutrients and make healthy eating a delightful sensory experience. The Dietary Guidelines for Americans recommend that healthy adults consume 5 to 13 servings of fruits and vegetables every day (based on a daily consumption of 1,200 to 3,200 total calories). That's where mangos come in! The versatile mango is available year round and adds delicious flavor to a balanced diet. The following statements have been reviewed and approved by USDA following FDA guidelines for nutrition statements.



MANGOS — THE SUPERFRUIT YOU LOVE

- ✓ One cup of mangos is just 100 calories, so it's a satisfyingly sweet treat.
- ✓ Each serving of mango is fat free, sodium free and cholesterol free.
- ✓ Mangos contain over 20 different vitamins and minerals, helping to make them a superfood.

LEARN HOW TO CHOOSE A MANGO THAT WILL BE PERFECT FOR YOUR NEXT DISH

- ✓ Don't focus on color. It is not the best indicator of ripeness.
- ✓ Squeeze the mango gently. A ripe mango will give slightly.
- ✓ Use your experience with produce such as peaches or avocados, which also become softer as they ripen.
- ✓ Ripe mangos will sometimes have a fruity aroma at their stem ends.
- ✓ The red color that appears on some varieties is not an indicator of ripeness. Always judge by feel.

All Mango Facts & Recipe Courtesy of www.mango.org

Monthly Fun Recipe



Fruity Mango Roll Ups

INGREDIENTS:

- 1/3 cup whipped cream cheese
- 2 burrito size flour tortillas
- 1 medium ripe mango, peeled, pitted and cut into 1/2-inch thick strips
- 2 kiwifruit, peeled and cut into 8 wedges
- 2 tablespoons honey
- 1/4 teaspoon cinnamon

INSTRUCTIONS

Spread cream cheese over tortillas and place mango and kiwi over 2/3 of the surface. Stir together honey and cinnamon and drizzle over top. Roll up tightly. Gently squeeze to secure ingredients then cut into 1/2-inch thick slices.

NUTRITION

Nutritional analysis per serving: Calories 62; Protein 1 g; Carbohydrates 11 g; Fat 2 g; 26% Calories from Fat; Cholesterol 4 mg; Sodium 77 mg; Potassium 56 mg; Fiber 1 g

MANGO FACTS

- ❖ Mangos are one of the most popular fruits in the world
- ❖ Mangos were first grown in India over 5,000 years ago
- ❖ Mango seeds traveled with humans from Asia to the Middle East, East Africa and South America beginning around 300 or 400 A.D.
- ❖ The paisley pattern, developed in India, is based on the shape of a mango
- ❖ A basket of mangos is considered a gesture of friendship in India
- ❖ Legend says that Buddha meditated under the cool shade of a mango tree
- ❖ Mangos are related to cashews and pistachios

*We serve Breakfast!!!
Every Day, Every School*

Just a reminder that we serve Breakfast at each school every day. Menus are available on the District website.



Fun Facts – January Food Holidays

- January 1st – National Black Eyed Pea Day
- January 2nd – National Cream Puff Day
- January 3rd – National Chocolate Covered Cherry Day
- January 4th – National Spaghetti Day
- January 9th – National Apricot Day
- January 11th – National Milk Day
- January 15th – National Strawberry Ice Cream Day
- January 16th – National Fig Newton Day
- January 19th – National Popcorn Day
- January 20th – National Cheese Lovers Day
- January 21st – National Granola Bar Day
- January 23rd – National Pie Day
- January 24th – National Peanut Butter Day
- January 27th – National Chocolate Cake day
- January 30th – National Croissant Day
- January 31st – National Hot Chocolate Day