

July 4th Mainline Menu

Cheeseburger with whole grain bun
Hot dog with whole grain bun
Ketchup, mustard, mayo, relish
Potato salad or macaroni salad
Romaine lettuce
Hot vegetables
Fruit
Dessert



Did you know?

The real Independence Day is July 2nd.

Independence Day didn't become a Federal Holiday until 1938.

Americans consume 155 million hot dogs on the 4th of July.

The world record for the most hot dogs eaten in 10 minutes is 68 (including the buns!)

Religious Meal Participation

A reminder of the next **cutoff date** to sign up for a religious diet option is **October 15th**. Those diets take effect on November 1st.



FEATURED ITEM

White Whole Grain Bread

All loaf bread and 2-pack bread is now considered vegan. The food manufacturing group developed a new recipe and we no longer need to purchase vegan bread. Cost savings is 80% less than the previous vegan product!



Nutrition Facts

Serving Size: 2 Slices (2.44 oz)

Amount per serving

Calories **200**

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 37g 13%

Dietary Fiber 3g 11%

Total Sugars 3g 6%

Protein 6g

Vitamin D 0% Calcium 0%

Potassium 4% Iron 10%

% Daily values based on a 2,000 calorie per day diet

HEALTH BENEFITS OF FISH

Healthy Diet: Fish is a low-fat high quality protein. Fish is filled with omega-3 fatty acids and vitamins such as D and B2 (riboflavin). Fish is rich in calcium and phosphorus and a great source of minerals, such as iron, zinc, iodine, magnesium, and potassium. The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. Fish is packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

Healthy Heart and Brain: Eating fish is an important source of omega-3 fatty acids. These essential nutrients keep our heart and brain healthy. Two omega-3 fatty acids found in fish are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Our bodies don't produce omega-3 fatty acids so we must get them through the food we eat. Omega-3 fatty acids are found in every kind of fish, but are especially high in fatty fish. Some good choices are salmon, trout, sardines, herring, canned mackerel, canned light tuna, and oysters.

Source: Washington Dept. of Health Website/Community & Environment

Omega-3 Fatty Acids:

- Help maintain a healthy heart by lowering blood pressure and reducing the risk of sudden death, heart attack, abnormal heart rhythms, and strokes.
- Aid healthy brain function and infant development of vision and nerves during pregnancy.
- May decrease the risk of depression, ADHD, Alzheimer's disease, dementia, and diabetes.
- May prevent inflammation and reduce the risk of arthritis.

Cultural Importance: Fish is an important cultural icon in Washington State that defines a recreational as well as a spiritual way of life in the Pacific Northwest. Fish is not only an important source of nutrition, the act of catching, preparing, and eating fish are important cultural and family practices as well. To Native American Indian Tribes of Washington, fish,

especially salmon, are an integral part of their lives, and serve as a symbol of their prosperity, culture, and heritage.



FUN FOOD FACTS

CHILI PEPPERS

There is a chemical in chili peppers called capsaicin that tricks your mouth into feeling like it's being burned – that's why spicy food hurts.

The pain is all in your head!



BANANA PLANTS AND HOW THEY GROW

- Bananas don't actually grow on trees—they grow on plants that are officially classified as an herb (not surprisingly, the world's largest herb).
- They're in the same family as lilies, orchids, and palms.
- Banana plants grow up to 25 feet high, and their leaves can grow to be 9 feet long and 2 feet wide. Their roots can be hundreds of years old.
- Bananas are technically berries.
- Banana plants grow not from seeds but from bulbs.
- A cluster of bananas is called a hand, and a single banana is called a finger. Each banana hand has about 10 to 20 fingers.

AROUND THE WORLD

The biggest meat-eaters are the United States and Australia. The average person in these countries eats about 220 pounds of meat per year, which works out to be about 50 chickens.



The country that eats the most bread is Turkey. Each person in Turkey consumes approximately 440 pounds of bread each year. That comes out to about a pound of bread each day.

Finally, Switzerland is famous for making chocolate and they consume more of it per capita than any other country in the world. The average Swiss eats 22 pounds of chocolate a year. That's about double what the average American eats!