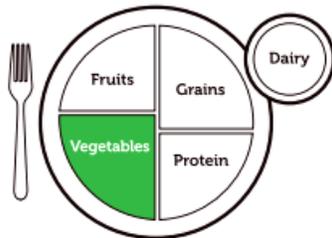




# TOMATO

## WHAT IS IT?

One of America's most popular garden veggies, the tomato comes in hundreds of varieties. Enjoy fresh in the summer and canned year-round.

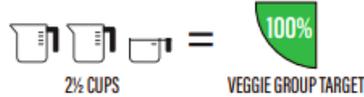


## VARY YOUR VEGGIES

Aim to make half your plate fruits and vegetables. Tomatoes are a nutritious addition to help you get there.

## HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. By eating 1 large tomato, you're almost halfway there!



## FUN FACTS & TIPS

-  Though tomatoes are botanically a fruit, the Supreme Court ruled them a vegetable in 1893.
-  Add slices of tomato to your sandwich as an easy way to work toward your Vegetable Group target.
-  Tomatoes are versatile! Mix them with melon for a fresh summer salad.



For more information go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
USDA is an equal opportunity provider, employer, and lender.



## FEATURED ITEM

### Zee Zee Bars

Commissary Item 'Best Choice' Snack Bar



## Nutrition Facts

Serv. Size: 1.3 oz

Amount Per Serving		% DV*
<b>Calories 150</b>		
<b>Total Fat</b>	<b>5g</b>	<b>6%</b>
Saturated Fat	1.5g	8%
Trans Fat	0g	
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>
<b>Sodium</b>	<b>50mg</b>	<b>2%</b>
<b>Total Carb.</b>	<b>24g</b>	<b>9%</b>
Dietary Fiber	1g	4%
Total Sugars	9g	
Incl 7g Added Sugar		15%
<b>Protein</b>	<b>2g</b>	
Vitamin D	0mcg	0%
Calcium	8mg	0%
Iron	1mg	6%
Potassium	59mg	2%

# Menu Product Development

**Correctional Industries Technical Services- CITS Food Product Research & Development Lab:** CITS has begun operations again at AHCC Food Factory. One of its functions is to continue to ensure product acceptability and specified nutritional values are being met. A number of reported menu items have begun a review process to check those mentioned attributes and make modifications if needed.

## Religious Meal Participation:

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



## Fun Food Facts & Food Humor



### BREAKFAST FOOD WORD SCRAMBLE

1. eabrd \_\_\_\_\_
2. uifmfn \_\_\_\_\_
3. wfffsea \_\_\_\_\_
4. ilkm \_\_\_\_\_
5. amj \_\_\_\_\_
6. sgge \_\_\_\_\_
7. ttsao \_\_\_\_\_
8. eargon cueij \_\_\_\_\_
9. cearl \_\_\_\_\_
10. bcona \_\_\_\_\_



### Food Jokes for Kids! (Feel free to share!)

Q: How do you make a walnut laugh? A: Crack it up!

Q: How do you make a milk shake? A: Give it a good scare!

Q: What is black, white, green, and bumpy? A: A pickle wearing a tuxedo!

Q: Did you hear the joke about the peanut butter? A: I'm not telling you, you might spread it!

Q: Why did the fisherman put peanut butter into the sea? A: To go with the jellyfish!

Q: Why do the French like to eat snails? A: Because they don't like fast food!

Q: Why shouldn't you tell an egg a joke? A: Because it might crack up!

Q: Waiter, this food tastes kind of funny? A: Then why aren't you laughing?

Q: What do you call a peanut in a spacesuit? A: An astronut!