FOOD SERVICE NEWSLETTER

2nd Quarter—June 2022

TOMATO

Nutrition Facts
Serv. Size: 1.3 oz

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

HOW IT FITS INTO MYPLATE
A 2,000 calorie diet has a daily Vegetable Group target of 2 1/2 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.

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

FEATURED ITEM
Zee Zee Bars
Commissary Item ‘Best Choice’ Snack Bar

For more information go to ChooseMyPlate.gov
USDA is an equal opportunity provider, employer, and lender.

August 2017
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

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!

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