



Amity Regional District
#5

May 2016

Looking forward to June

June Food Focus

Summer Vegetables

Tomatoes
Green Beans
Peppers
Summer Squash
Corn

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May Food Focus: BERRIES



- 1 tbsp [Blueberries, Unsweetened.](#)
- 3 tbsp [Strawberries, Fresh, Halved](#)
- 1/2 cup [Yogurt, Vanilla, Low Fat.](#)
- 1/2 cup [Granola.](#)

To assemble each parfait, add the ingredients in a layered fashion
Put a (1/2 cup) of yogurt in each cup.
Add (1/4 cup) of fruit.
Finish each parfait by adding 1/2 cup of granola.



Our May 2016 Food & Nutrition Focus: Berries

eat.

Berries can be frozen or fresh, so you can enjoy them year-round.

learn.

Strawberries are the only fruit that have their seeds on the outside, rather than inside the fruit. On average, each strawberry has 200 seeds!

Blueberries are one of the only foods that are truly blue in color

live.

Strawberries grow on plants, but all other berries grow from bushes. The size of the bush depends on where they are growing. They can grow in any climate and just about anywhere, from forests to flowerpots.