



# Did You Know Cafe

## Food Services Weekly Newsletter

**TO All Parents**

### PB & J Tacos

#### Ingredients

- 4 slices white bread
- 1/3 c. peanut butter
- 1/3 c. jelly
- 1/2 c. chopped strawberries
- 1/2 c. blueberries
- 1/4 c. crushed graham crackers
- Honey, for drizzling



#### Directions

- ➔ Using a large glass or biscuit cutter, cut bread into rounds and discard crust.
- ➔ Spread peanut butter to the edges of each bread round. Repeat with jelly, then sprinkle with strawberries, blueberries, and graham crackers.
- ➔ Drizzle with honey, fold like a taco, and serve.

I would like Thank you for a great first year .  
 This will be our last newsletter . All Menus for the remaining school year can be found on Nutri Slice on our website . Please note if you have any questions please contact me at 804-598-5792. Have a great summer and we will see you next school year

Dorothy Kohler Food Service Director

## Fun Food Facts

1. Ketchup was sold in the 1830s as medicine.
2. In Kentucky, it is illegal to carry an ice cream cone in your back pocket.
3. The fear of cooking is known as Mageirocophobia and is a recognized phobia.
4. The '57' on the Heinz ketchup bottle represents the number of pickle types the company once had.
5. Almonds are a member of the peach family.
6. Grape growing is the largest food industry in the world as there are more than 60 species and 8000 varieties of grapes.
7. There are more than 10,000 varieties of tomatoes.
8. Square watermelons sell for about \$85.
9. Twinkies originally had banana flavored filling, but switched to vanilla when World War 2 bought the banana trade to a halt.

## Free Summer Meals

Meals will be offered at Cumberland County High School from June 31<sup>st</sup> through July 16<sup>th</sup>, Monday through Thursday.

Breakfast – 8am to 8:30am

Lunch 12pm to 1pm

- ❖ Free meals to children 18 and younger
- ❖ No application or proof of income needed
- ❖ Healthy meals based on USDA guidelines
- ❖ Fun, safe place for children to be active and visit with friends

