



## FEATURED ITEM

### HUEVOS RANCHEROS W/ GREEN CHILI GRITS MEAL (Item #)11723

### Nutrition Facts

Serv. Size 1 ea. 18.02oz. (511 g)

Servings per case: 24

Amount Per Serving

**Calories 500** Fat Cal. 170

% DV\*

**Total Fat 19g** 29%

Sat. Fat 7g 35%

TransFat 0g

**Cholest.** 145mg 48%

**Sodium** 660mg 28%

**Potassium** 740mg 21%

**Total Carb.** 60g 20%

Fiber 12g 48%

Sugars 5g

**Protein** 20g

Vitamin A 15% \* Vitamin C 50%

Calcium 30% \* Iron 18%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium		2,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

### Brief History of Celery and its Nutritional Benefits

Celery is believed to have originated in the Mediterranean region in approximately 850 BC. It was cultivated for medicinal purposes with claims of treating a variety of conditions like the flu, arthritis and poor digestion just. Obviously, the early uses of celery for medicinal purposes were based on antidotal evidence.



Celery was brought to American tables in the late 1800's where it was served in celery vases to be salted and eaten raw. Celery was so popular in the USA in the early 1900s that the New York Public Library's historical menu archives show that it was the third most popular dish on the New York City menus during that time, behind only coffee and tea. In those early days celery cost more than caviar due to it being difficult to grow.

Today there are a variety of celeries but the three main types are stem or stalk celery, root celery and leaf celery. In North America green stalk celery is most commonly used and is mainly eaten raw, although it is also consumed in soups and sauces. Celery root is very popular in Europe where it is eaten cooked or raw and is becoming more popular as part of a trendy American gourmet diet. A wild kind of celery is grown in Eastern Europe and Asia and is used for its seeds and aromatic leaves to flavor cooked food and to garnish plates.

Celery gets a bad rap as a diet food because it is low in calories and carbohydrates, many do not realize that it is actually a great source of fiber and an excellent source of antioxidants. It is also a rich source of flavonoids like zeaxanthin, lutein, and beta-carotene, which studies have shown lowers inflammation as well as the risk of heart disease, enhances the immune system and inhibits the growth of abnormal cancer causing cells. In addition, celery is rich in vitamin K, folate, and potassium and contains smaller amounts of vitamins A, B and C.

#### References:

"Celery History" [FoodReference.com](http://FoodReference.com).

"When Celery Was More Special Than Caviar" [Sporkful Podcast](http://Sporkful.com).

"Health Benefits and risk of Celery" [MedicalNewsToday.com](http://MedicalNewsToday.com).

By: Brent E. Carney, RDN, CD

# Frequently Asked Questions

## What is on the menu for July 4th 2019?

Menu changes for the July 4th will affect mainline meal participants. The meal will consist of:

- Cheeseburger with whole grain bun
- Hot dog with whole grain bun
- Romaine lettuce
- Ketchup, Mustard, Mayo, Relish
- Potato salad or macaroni salad
- 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!)



## Question: Where does the produce for Western Washington facilities come from?

Answer: Charlie's Produce – read more



## Making Responsible Choices to Yield Exceptional Results

When you choose Charlie's, you choose fresh, quality produce and more, grown with pride in the Pacific Northwest and beyond. Charlie's is passionate about produce, proud of their people, and with decades of experience and outstanding industry leadership, they always deliver exactly what is promised.

### Fresh Produce

#### Local

Charlie's Produce has been committed to buying local since 1978. They have always been keenly aware of the close link between them and region's local farms. To them, working with local growers and supplying locally grown products to customers is not only a priority, but also a cause they are steadfastly committed to. Their focus is to continually support local growers, helping get their products to market and promoting local agriculture in a responsible and sustainable manner. They believe buying local is, quite simply, the right thing to do.

#### Farmer's Own

With the Farmer's Own brand, they cultivate strong, lasting partnerships with growers to yield high-quality, seasonal, and certified-organic fruits and vegetables year round. They carefully hand select expert growers who hold our same high standards and values to promote mutual success. The Farmer's Own brand is passionate about purchasing top-quality food. They strive to nurture local farms so they can nourish our customers.