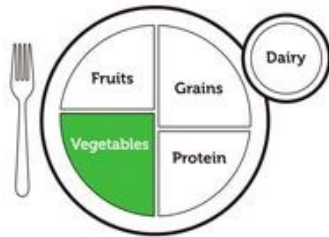




# BELL PEPPER

## WHAT IS IT?

Peppers grow in many shapes, sizes, colors, and flavors from sweet bell peppers to spicy chili peppers.

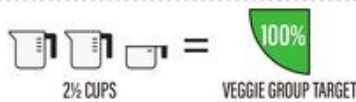


## VARY YOUR VEGGIES

Different color peppers have different benefits. Eating a variety of colors throughout the week can help you vary your veggies.

## HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. Add different types of peppers to meals and snacks to reach your goal!



## FUN FACTS & TIPS

- Thomas Jefferson grew a variety of peppers at his house in Monticello, VA.
- Peppers are high in Vitamin C—add them to omelets, stir fries, or chili for added flavor.
- Red bell peppers are simply ripened green bell peppers.
- For a crunchy and filling snack, try pairing pepper slices with hummus dip.

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

August 2017

## FEATURED ITEM

Roast Beef “Ribeye” Slices



### Nutrition Facts

Serv. Size: 2 Slices (4 oz)

Amount Per Serving		% DV*
<b>Calories</b>	<b>240</b>	
	<b>Cal from Fat 160</b>	
<b>Total Fat</b>	<b>17g</b>	22%
Saturated Fat	10g	50%
Trans Fat	1.3g	
<b>Cholesterol</b>	<b>64mg</b>	21%
<b>Sodium</b>	<b>360mg</b>	16%
<b>Total Carb.</b>	<b>1.3g</b>	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Incl 0g Added Sugar		0%
<b>Protein</b>	<b>20g</b>	
		*Calcium 0%
*Vit A 0%	*Vit C 0%	*Iron 10%
% Daily values based on a 2000 calorie per day diet		

# Menu Product Development

## Correctional Industries Technical Services- CITS Food Product Research & Development Lab:

In an effort to continue to meet the needs of DOC Food Services with quality products and at reasonable cost, the Food Manufacturing group continues to look for opportunities to buy products which are normally too costly to purchase and serve. However we have found and purchased cooked roast beef ribeye for use as a center of the plate item.

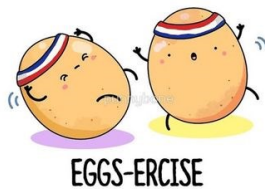
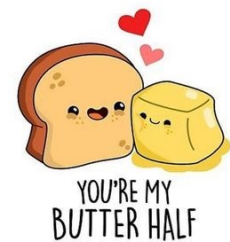
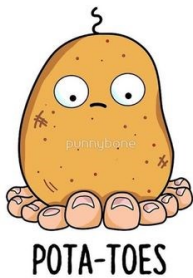
While this item is a one-time opportunity buy, the available Ribeye roast should yield enough product to serve as a special meal several times to the whole state prison population. This is an opportunity being offered to Food Services at well below normal pricing and will be available to the facilities in the fall.

## 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



1. McDonald's fries were cooked in beef fat until 1990; but in an effort to make them seem healthier, they're now cooked in vegetable oil.
2. 'Fruit Salad' trees exist. These multi-grafted trees were developed in Australia and grow up to six different types of fruit on one tree.
3. German chocolate cake didn't originate in Germany. It's just called that because of Sam German – the guy who invented a kind of baking chocolate. German('s) Chocolate Cake!