

HEALTHY

Eating

Welcome to March!

Come Celebrate National School Breakfast Week with us!!

The theme this year is “Clue into breakfast “ All of our schools have fun healthy menus and activities!

Try a new fruit or veggie this month and give it a fun rating!

Is it crunchy, juicy, sweet or sour?
Would you eat it again?

When your child comes home ask them how they liked the fruit and veggie of the week!

Let’s taste a rainbow and find a healthy pot of fruits and veggies

	MON	TUES	WED	THUR	FRI
Banana Cherry Tomatoes				6	
Red Grapes Yellow Pepper strips	10	11		13	
Melon and Grape Mix Broccoli and Cauliflower Mix					
	24	25	26	27	28
	Spring Break				
	31				



March 2025