

MARCH

THIS MONTH'S THEME: NATIONAL NUTRITION MONTH

Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes! Trying a wide variety of foods from different parts of the world can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.

As the saying goes, "you are what you eat," so what kind of body are you creating with the foods that you are eating?

Handouts can be found at dnoproduce.com/freshealthkids

This week's specialty options


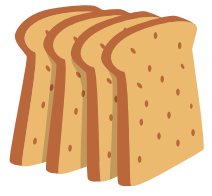
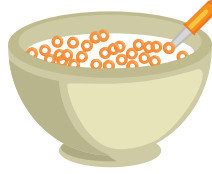
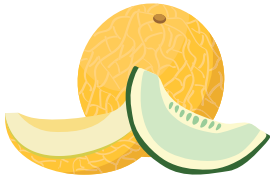
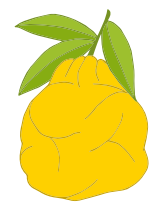


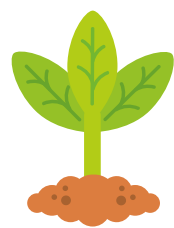



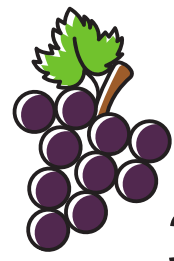
Cantaloupe & Honeydew, 2 oz
Cherry Tomatoes, 3 oz

Ugli Fruit, 3 oz
Carrot & Radish, 2 oz

Pears, 2 oz
Celery & Grape Tomato, 2 oz

Golden Kiwi, 2 oz
Snow Peas, 2 oz

Black Grapes, 2 oz
Watermelon Radish, 2.5 oz

	MON	TUE	WED	THU	FRI
	National School Breakfast Week 28	 1	 2	 3	 4
	7	 8	9	 10	11
	14	15	 16	17	 18
	National Agriculture Week  21	 22	 23	 24	 25
	28	 29	30	 31	1