



BIG CITY BITES



Nutrition Services is introducing again Philadelphia's Big City Bite's **Philly Style Cheesesteak**. With each bite, you're not enjoying a meal, but you're also immersing yourself in the history, culture, and flavor of Philadelphia itself.

FRESH PICK



Beans, including varieties like kidney beans, black beans, and chickpeas, are not only rich in protein but also contain essential nutrients like fiber, folate, and iron, making them a staple in many diets worldwide. Beans are the perfect way to gain the essential nutrients needed for a healthy and energetic lifestyle.

WELLNESS EDUCATION



National Nutrition Month, celebrated annually in March, is an opportunity to raise awareness about the importance of making informed food choices and developing healthy eating habits. By embracing these principles, we can empower ourselves and our communities to lead healthier, more vibrant lives.

SPECIAL FOOD DAY



National Spinach Day celebrated on March 26th, pays tribute to this nutrient-packed leafy green vegetable renowned for its health benefits. Spinach is praised for its rich array of vitamins, minerals, and antioxidants.

ONE WEEK CELEBRATION



National School Breakfast Week, observed from March 4-8, shines a spotlight on the importance of a nutritious breakfast in fueling students for success. School breakfast programs play in providing students with access to healthy meals, supporting overall well-being.

Nutrition Services nutrition information is available upon request.