



# February



## BIG CITY BITES



Join us at Big City Bites station, where we invite our students to savor the spirit of New Orleans through our **Po' Boy Sandwich!** Known for its rich history and unforgettable taste, the Po' Boy is symbol of the Crescent City's culinary soul. Don't miss out-stop by and grab your taste of New Orleans!

## FRESH PICK



**Sweet potatoes** are a versatile and flavorful addition to any meal, offering a naturally sweet taste paired with a host of health benefits. Packed with vitamins A and C, fiber, and potassium, these nutrient-rich root vegetables are a perfect choice for boosting energy and supporting overall well-being.

## WELLNESS EDUCATION



Wellness education is the key to unlocking the full potential of a healthy and fulfilling life. As we embark on this journey together, let's **share the love** we extend to ourselves and our communities through the pursuit of knowledge, self-care, and holistic well-being. Together, we can create a world where love, in all its forms, is at the heart of wellness education.

## SPECIAL FOOD DAY



On February 9th, let's unite in the universal joy that is pizza. **National Pizza Day** is a time to savor the simple pleasures of melted cheese, zesty tomato sauce, and the perfect crust. So, grab a slice and join the celebration of National Pizza Day!

## HERITAGE MONTH



In celebrating **Black History Month**, we acknowledge the strength of the past, celebrate the richness of the present, and pave the way for a future where every story is heard, every contribution is valued, and every individual is given the opportunity to shine.

**Nutrition Services nutrition information is available upon request.**