



## BIG CITY BITES



This month, Big City Bites takes you on a culinary journey to Athens, Greece, with our featured dish: **Greek Chicken Shawarma!**

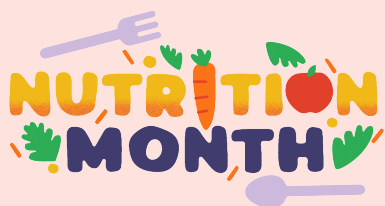
Inspired by the vibrant flavors of Mediterranean cuisine, this dish is a perfect blend of tradition and taste.

## FRESH PICK



**Pears** are a delicious and nutritious fruit, packed with fiber, vitamin C, and antioxidants. With varieties like Bartlett, Bosc, and Anjou, pears offer a range of flavors, from buttery and soft to crisp and refreshing. Enjoy them fresh, sliced into salads, or blended into smoothies for a tasty and healthy treat.

## 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 3-7, 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.