

# Upcoming Events in the month of May



Check out all of the great things happening in the month of May! We've got Day of Champions coming up on May 22nd and a Summa Night

dinner for our acclaimed graduating Seniors on May 20th.

Our Elementary Schools are gearing up for end of the year BBQs and field days.

The year is almost over and we are planning great things to end well!



Broccoli is part of the cabbage family. It has a large flowering head and these little “trees” are just bursting with health benefits.

Broccoli promotes heart health, supports the immune system, and is a good source of vitamins and minerals, fiber, and antioxidants. Broccoli provides calcium and vitamin K, both of which are essential for maintaining strong bones.

There are lots of ways to eat broccoli as well — You can steam it, roast it or just enjoy it raw! Try roasting it with a little salt and pepper and a spritz of lemon juice!

