

VEGGIE OF THE MONTH: EDAMAME!

THANKS TO MRS. PARKER'S 1ST GRADE CLASS AT LYON FOR SELECTING EDAMAME AS THIS MONTH'S VEGGIE!

EDAMAME IS A PLANT-POWERED PROTEIN!
IT HELPS YOUR MUSCLES GROW STRONG AND KEEPS YOU ENERGIZED

Joke of the Month:

Why did the edamame get an A+?

Answer: Because it was so smart!



THEY GROW IN PODS: EACH FUZZY GREEN POD USUALLY HAS 2-3 BEANS INSIDE. THE POD IS NOT EATEN

Try it on the menu March 3rd!

Edamame are young soybeans. It's been eaten in many countries throughout the world for hundreds of years.