



June



FRESH PICK

Bananas are a naturally sweet and energizing fruit that students love! They are a great source of potassium, which helps support muscles, heart health, and daily movement. easy to grab and fun to eat, bananas make a perfect addition to school meals-fueling students with energy throughout the day.

OBSERVANCES



National Caribbean American Heritage Month, celebrated each June, honors the cultural heritage and contributions of Caribbean Americans. This observance highlights their traditions, histories, and achievements, recognizing their lasting impact on American society.

WELLNESS EDUCATION



This June, we honor the essential role pollinators like bees play in our food system. Bees and other pollinators are crucial for the growth of many fruits, vegetables, and nuts, contributing to a diverse and healthy diet. **Bee the change** and make a difference for our planet and our plates!

SPECIAL FOOD DAY



Mark your calendars—**National Donut Day** is coming up on Thursday, June 5th, and we're ready to celebrate! This delicious day honors the classic donut and its sweet history, dating back to 1938 when it was created to recognize Salvation Army volunteers who served donuts to soldiers during World War I.

CELEBRATION



Celebrate **National Fresh Fruit & Veggie Month** with Nutrition Services! Join us in making fresh fruits and veggies a star on your plate this month, and savor the benefits of eating seasonally and healthily. Let's make every meal a celebration of nature's goodness!