

## FRESH PICK



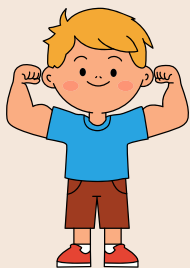
**Canned Diced Peaches** are a delicious and nutritious addition to school meals. Packed at peak ripeness, they offer great flavor while providing important nutrients like vitamin C and fiber that support overall health. Sweet, juicy, and ready to enjoy - peaches are a smart choice on the kids tray.

## CELEBRATIONS



**Cinco de Mayo**, observed on May 5th, is a joyous celebration that honors Mexican culture and heritage. Always is celebrated with colorful parades, lively music, traditional folk dances, and, of course, delicious food.

## WELLNESS EDUCATION



This May, we're celebrating the National Physical Fitness and **Muscle Day** by highlighting how healthy foods help build strong bodies and active minds. Nutritious meals fuel our muscles, boost energy, and support learning every day. By combining balanced nutrition with movement, students build habits that support lifelong health-at school and beyond!



**National Burger Day** on May 28th is a time to savor the beloved hamburger's deliciousness and cultural significance. So, whether you prefer classic fixings or adventurous toppings, seize the chance to celebrate this culinary marvel and relish every mouthwatering moment.

## ONE DAY CELEBRATION

### SCHOOL LUNCH HERO DAY

Every year on the first Friday in May, we celebrate **School Lunch Hero Day**—a special time to recognize the incredible work of our Nutrition Services staff. These dedicated team members do so much more than serve meals; they nourish students, support their health, and create a welcoming environment in our school cafeterias.