NUTRITION SERVICES NEWSLETTER

MARCH HIGHLIGHTS

Looking For the Menu?

Scan the QR code to see the monthly menu at your children's school site.

nutrislice

SCAN ME

SPOTLIGHT OF THE MONTH



This month is National School Breakfast Week. During March 2nd - 6th, FUSD Nutrition Services will be celebrating our breakfast week. We will be encouraging our students to have breakfast every day and try new food items. It has shown that eating breakfast has a positive effect on students' focus and learning. Students who don't eat breakfast are more likely to have a harder time focusing and learning. Nutrition Services offers free nutritious breakfast and lunch every day for our FUSD students. Come and grab your breakfast before school starts! Let's continue serving success to our students.

EVENTS AND HOLIDAYS:

MARCH 2ND-6TH:
National School Breakfast Week

MARCH 30TH:
Start of spring break



FOLLOW US

SCAN ME

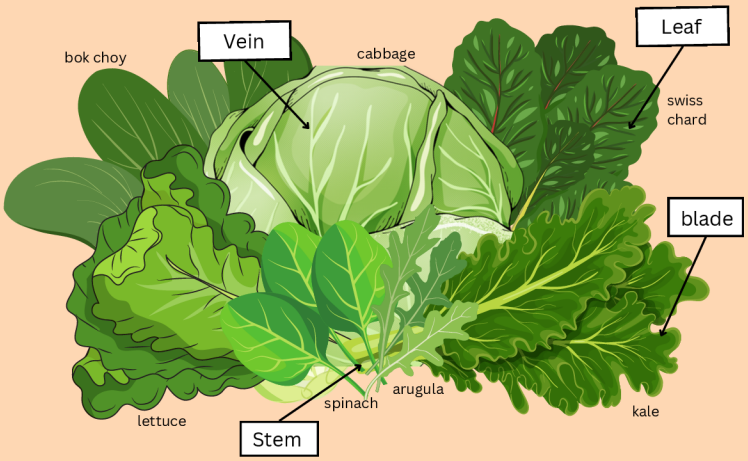
HARVEST OF THE MONTH: LEAFY GREENS

FUN FACTS:

There are three types of lettuce: head, leaf and romaine.

Leafy greens are high in vitamin A, vitamin C, vitamin K, and fiber.

Monterey County produces 60% of leafy greens in California.



FUN FACTS:

Spinach contains antioxidants that helps with fighting off diseases.

Leafy greens can come in other colors like purple and red.

Fresno Unified School District

CA FARM TO SCHOOL INCUBATOR GRANT

CALIFORNIA FARM TO SCHOOL NETWORK

Nutrition Services
Fresno Unified School District



LEAFY GREENS



WORD SEARCH

K	O	L	S	W	I	S	S	C	H	A	R	D	E	P
Z	O	V	E	H	S	P	I	N	A	C	H	F	G	H
J	E	P	F	A	J	D	R	X	A	O	E	B	C	I
U	K	N	Z	C	F	O	Y	U	D	F	V	B	A	X
Q	S	R	N	N	E	Y	W	T	T	W	J	W	B	B
G	K	O	C	T	R	S	G	B	Q	T	O	W	B	O
C	O	L	L	A	R	D	G	R	E	E	N	S	A	K
S	P	R	Y	H	E	A	B	V	E	D	I	E	G	C
W	W	A	O	C	J	P	K	J	L	E	N	A	E	H
C	S	R	K	M	Z	T	L	I	P	D	N	I	Y	O
R	O	U	X	X	A	D	U	U	S	T	T	S	R	Y
T	N	G	T	Q	J	I	Z	P	E	E	Z	D	L	G
P	W	U	X	R	Q	E	N	Q	C	X	L	A	J	V
Q	R	L	C	J	K	O	L	E	T	T	U	C	E	X
N	H	A	J	X	N	K	A	L	E	A	P	D	P	A

WORD BANK

Leafy Green
Arugula
Lettuce
Cabbage
Bok Choy

WORD BANK

Collard Green
Swiss Chard
Romaine
Kale
Spinach

Did You Know?

We consume an average of 30 pounds of lettuce per person each year!



What did the lettuce say to the celery?

"Lettuce romaine friends forever!"

CAESAR CHICKEN PASTA SALAD

Ingredients:

- 3 cups Chicken Breast grilled, skinned, shredded
- 6 ounces Penne Pasta dry
- 6 cups Romaine Lettuce cut into 1 inch wide strips
- 1 1/2 cups Cherry Tomatoes halved
- 1/2 cup Fresh Basil finely chopped
- 1/2 cup Green Onions chopped
- 1/4 cup Fresh Parsley chopped
- 4 ounces Feta Cheese crumbled
- 2 cloves Garlic minced
- 1/3 cup Caesar Dressing



Directions:

Cook pasta by following package directions, drain and lightly rinse with cold water. While pasta cooks, chop the other ingredients. In a large bowl combine all ingredients and toss until all ingredients are coated with dressing and Serve.

Nutrition information per serving: Calories 361, Carbohydrate 27g, Dietary Fiber 3g, Protein 4g, Total Fat 15g, Saturated Fat 5g, Trans Fat 0g, Sodium 351mg

Recipe adapted from eatfresh.org

Fresno Unified School District

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