



Wissahickon Cafeteria Newsletter

Strawberry Banana Breakfast Smoothie

- 4 ounces vanilla yogurt
- $\frac{1}{3}$ of a banana
- $\frac{1}{3}$ cup frozen strawberries
- $\frac{1}{3}$ cup milk

Add yogurt, banana, frozen strawberries and milk to blender. Blend on high until combined. Serve with a slice of whole grain toast for a complete breakfast. Enjoy!



Farm Stand

Wissahickon Farm Stand visited Shady Grove Elementary this month! DFN Cindy and Chef Damian offered samples of different vegetables while teaching the students nutrition facts about their chosen veggies!



Sushi Day at Wissahickon HS

Corporate Chef, Guy Quang, visited Wissahickon High School for a fun day filled with Sushi!

Taste the Rainbow Week - April 20-24
Farm Stand - April 7 at Lower Gwynedd Elementary

