

NUTRITION SERVICES NEWSLETTER

APRIL HIGHLIGHTS

SPOTLIGHT OF THE MONTH



EARTH DAY
April 22

This month we will be celebrating Earth Day. This day is celebrated on April 22nd, 2026. Earth Day is a global event dedicated to environmental protection, raising awareness about pollution, climate change, and sustainability. From our trays to our food, we make sure to use eco friendly materials and climate smart products. We continue to work with our local agencies to help with recycle our food waste. The Nutrition Services Team will continue to provide free nutritious meals to our Fresno Unified Students and continue to make sure we are keeping the Earth safe. Let's keep doing our part to help our planet and continue serving success.

Looking For the Menu?

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

nutrislice



EVENTS AND HOLIDAYS:

APRIL 1ST:
April Fools Day

APRIL 7TH:
School Resumes

APRIL 22ND:
Earth Day



FOLLOW US



SCAN ME

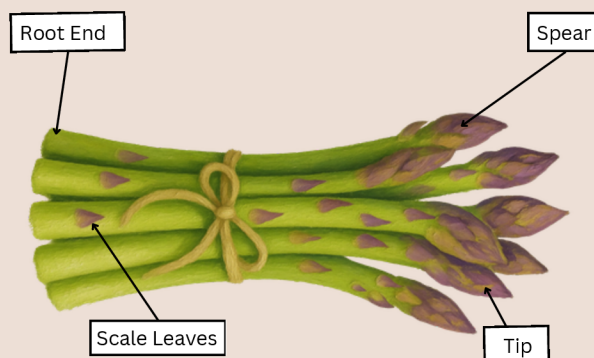
HARVEST OF THE MONTH: ASPARAGUS

FUN FACTS:

Asparagus can grow 20 feet deep.

Fresno county is one of the 11 counties in California that are major producers of asparagus.

Asparagus has a great source of fiber to help with your digestive system.



FUN FACTS:

Asparagus contains Vitamin A and C that help keeps your eyes and immune system healthy.

Antioxidants found in asparagus can help boost your mood.



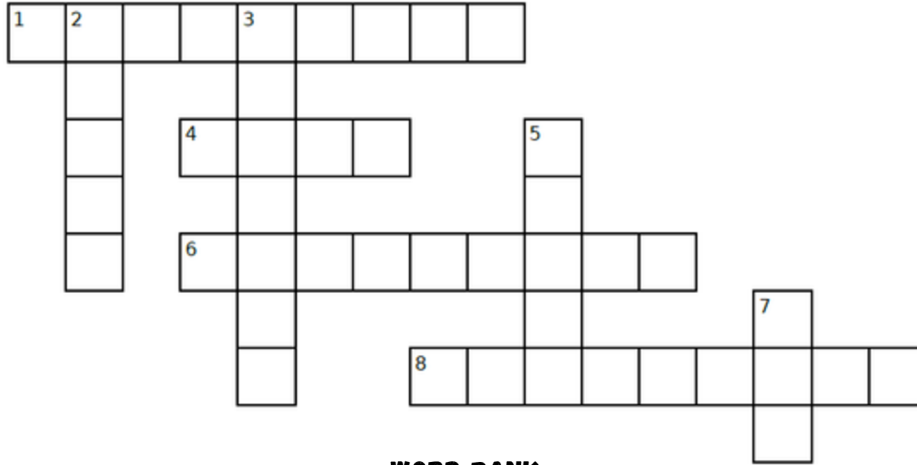
ASPARAGUS



DOWN:

2. This is the stem of the asparagus.
3. The ends of asparagus.
5. Mineral for digestive system.
7. The top of the asparagus.

CROSSWORD PUZZLE



ACROSS:

1. This vegetable is a long stem.
4. Antioxidants boost this in our body.
6. Food group where asparagus is in.
8. Plant that grows year round.

WORD BANK

Vegetable Fiber Perennial mood root end spear tip asparagus

Did You Know?

Asparagus is a perennial plant and continues to grow after it's cut and harvested.



What did the asparagus say when it got a flat tire?

"I should've brought a spare, I guess!"

OVEN ROASTED ASPARAGUS

Ingredients:

- 1 pound asparagus
- 3 tablespoon butter, unsalted
- 3 tablespoon brown sugar
- 1 teaspoon sea salt or regular salt
- 1/2 teaspoon black pepper



Directions:

Preheat oven to 400 degree. Cut the ends off asparagus, rinse and pat dry with paper towel. Place on a parchment lined baking sheet. Melt butter in microwave safe bowl. Stir in brown sugar until dissolved. Drizzle over asparagus and season with salt and pepper. Roast in the oven for 10-12 minutes or until tender.

Nutrition information per serving: Calories 133, Carbohydrate 13g, Dietary Fiber 2g, Protein 3g, Total Fat 9g, Saturated Fat 5g, Trans Fat 0g, Cholesterol 23mg, Sodium 654mg

Recipe adapted from superhealthykids.com