

## Nutrition Byte


### Plant Seeds for Life-long learning

Did you know? School gardens are effective learning tools that create opportunities for students to discover fresh food, make healthier food choices and be more active. Gardens offer dynamic settings for class curriculum activities that integrate science, environmental studies, math, reading, nutrition, health and physical activity. You can start or maintain a garden at your school! These tips will help:

- Get permission from the school and district administration.
- Make a plan. Engage all stakeholders—students, educators and families.
- Consider safety. Investigate liability and insurance. Follow regulations and establish safety guidelines.
- Organize a garden committee and volunteer base.
- Select a garden site that is easily accessible with adequate sun, potable water, and safe soil.
- Design your garden.
- Determine the cost of labor and materials.
- Raise funds. Promote the garden.
- Cultivate the garden.
- Connect to classroom lessons.
- Share the harvest with the community.

**Nutrilink:** Find garden resources at

# April 2023 Lunch Menu—Early Colleges

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
<p><b>~ Spring Meal ~</b> Oven Fried Chicken w/Biscuit Mashed Potatoes w/Gravy Green Beans Applesauce Cup Assortment of Fresh Fruit</p>	<p><b>Entrée:</b> Walking Taco Popcorn Chicken Salad</p> <p><b>Vegetables:</b> Black Beans Steamed Carrots</p> <p><b>Fruit:</b> Fruit Juice Gels &amp; Fresh Fruit</p>	<p><b>Entrée:</b> Hamburger/Cheeseburger Yogurt Parfait</p> <p><b>Vegetables:</b> Sweet Potato Fries Veggie Juice</p> <p><b>Fruit:</b> Craisins &amp; Fresh Fruit</p>		<p><b>NO SCHOOL</b></p>
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
<p><b>Manager's Choice Day</b></p>	<p><b>Manager's Choice Day</b></p>	<p><b>Manager's Choice Day</b></p>	<p><b>Manager's Choice Day</b></p>	<p><b>Manager's Choice Day</b></p>
Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
<p><b>Entrée:</b> Chicken &amp; Waffles</p> <p><b>Quick Bite Option:</b> Beacon Street Stuffed Cheese Sticks w/Marinara</p> <p><b>Vegetables:</b> Hashbrown Rounds Fresh Cucumber Cup</p> <p><b>Fruit:</b> Craisins &amp; Fresh Fruit</p>	<p><b>Entrée:</b> Chicken Pizza Quesadilla Chicken Tender Salad</p> <p><b>Vegetables:</b> Black Beans Steamed Corn</p> <p><b>Fruit:</b> Fruit Juice Gels &amp; Fresh Fruit</p>	<p><b>Entrée:</b> Cheese Dippers w/Marinara Yogurt Parfait</p> <p><b>Vegetables:</b> Sweet Potato Fluff Baby Carrots</p> <p><b>Fruit:</b> Fresh Apple</p>	<p><b>Entrée:</b> Grilled Chicken BLT Grilled Chicken Salad</p> <p><b>Vegetables:</b> Green Beans Garden Salad</p> <p><b>Fruit:</b> Applesauce Cup &amp; <b>Blood Oranges</b></p>	<p><b>Entrée:</b> Pepperoni &amp; Cheese Calzone Yogurt Parfait</p> <p><b>Vegetables:</b> Potato Wedges Fresh Veggie Cup</p> <p><b>Fruit:</b> Fresh Apple</p>
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
<p><b>Entrée:</b> Mac &amp; Cheese w/Roll Chef Salad</p> <p><b>Vegetables:</b> Fresh Broccoli Cup Steamed Carrots</p> <p><b>Fruit:</b> Craisins &amp; Fresh Fruit</p>	<p><b>Entrée:</b> Walking Taco</p> <p><b>Quick Bite Option:</b> Premium Chicken Fillet Sandwich</p> <p><b>Vegetables:</b> Black Beans Steamed Corn</p> <p><b>Fruit:</b> Fruit Juice Gels &amp; Fresh Fruit</p>	<p><b>Entrée:</b> Chicken Fillet Sandwich Yogurt Parfait</p> <p><b>Vegetables:</b> Green Beans Potato Wedges</p> <p><b>Fruit:</b> Fresh Apple</p>	<p><b>Entrée:</b> Hot Dog Grilled Chicken Salad</p> <p><b>Vegetables:</b> Cole Slaw <b>Baby Carrot Snack Packs</b></p> <p><b>Fruit:</b> Applesauce Cup &amp; <b>Local Strawberries</b></p>	<p><b>Entrée:</b> Pepperoni &amp; Cheese Calzone Yogurt Parfait</p> <p><b>Vegetables:</b> Sweet Potato Fries Veggie Juice</p> <p><b>Fruit:</b> Fresh Apple</p>