

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 <https://bit.ly/3e8s6FN>.

Cabarrus County Schools

April 2023 Lunch Menu—Opportunity School

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
<p>~ Spring Meal ~ Oven Fried Chicken w/ Biscuit Mashed Potatoes w/Gravy Green Beans Cinnamon Spiced Baked Apples Assortment of Fresh Fruit</p>	<p>Entrée: Walking Tacos</p> <p>Vegetables: Black Beans Steamed Carrots</p> <p>Fruit: Fruit Juice Gels Fresh Fruit</p>	<p>Entrée: Hamburger/Cheeseburgers</p> <p>Vegetables: Sweet Potato Fries Grape Tomato Cup</p> <p>Fruit: Applesauce Cup Fresh Fruit</p>	<p>Entrée: Cheese Dippers w/Marinara</p> <p>Vegetables: Fresh Broccoli Cup Veggie Juice</p> <p>Fruit: Craisins Fresh Fruit</p>	<p>NO SCHOOL</p>
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
				
Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
<p>Entrée: Chicken & Waffles</p> <p>Vegetables: Hashbrown Rounds Mixed Cali Veggies</p> <p>Fruit: Cinnamon Spiced Baked Apples Fresh Fruit</p>	<p>Entrée: Chicken Pizza Quesadilla</p> <p>Vegetables: Black Beans Steamed Corn</p> <p>Fruit: Fruit Juice Gels Fresh Fruit</p>	<p>Entrée: Oven Fried Chicken w/ Biscuit</p> <p>Vegetables: Sweet Potato Fluff Green Beans</p> <p>Fruit: Frozen Fruit Cups Fresh Fruit</p>	<p>Entrée: Grilled Chicken Deluxe Sandwich</p> <p>Vegetables: Green Beans Garden Salad</p> <p>Fruit: Applesauce Cup Blood Oranges</p>	<p>Entrée: Cheese Dippers w/Marinara</p> <p>Vegetables: Potato Smiles Fresh Veggie Cup</p> <p>Fruit: Froot Joocce Fresh Fruit</p>
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
<p>Entrée: Mac & Cheese w/Roll</p> <p>Vegetables: Fresh Broccoli Cup Steamed Carrots</p> <p>Fruit: Craisins Fresh Fruit</p>	<p>Manager's Choice Day</p>	<p>Entrée: Chicken Fillet Sandwich</p> <p>Vegetables: Green Beans Potato Wedges</p> <p>Fruit: Frozen Fruit Cup Fresh Fruit</p>	<p>Entrée: Hot Dog</p> <p>Vegetables: Cole Slaw Baby Carrot Snack Packs</p> <p>Fruit: Applesauce Cup Local Strawberries</p>	<p>Early Release Day</p> <p>Entrée: Burgers/Cheeseburger</p> <p>Vegetables: Sweet Potato Wedges Veggie Juice</p> <p>Fruit: Froot Joocce Ojai Pixie Tangerines</p>