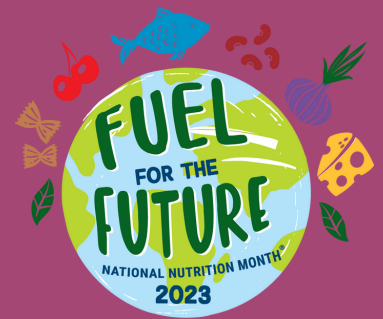




# March Nutrition NEWSLETTER



## National School Breakfast Week

Students across our District and across the country benefit from school breakfast.

For the celebration of NSBW- March 6th through March 10th- we have added some delicious new breakfast features to our menus.

Students who engage in eating breakfast have shown to be more focused in class, have higher test scores, are more alert, and maintain a more positive mood during the day.

Starting the day with a balanced meal of energizing carbohydrates, filling protein, and nourishing fruits or vegetables helps to maintain and improve our overall health and wellness.



Start the day right...the night before.

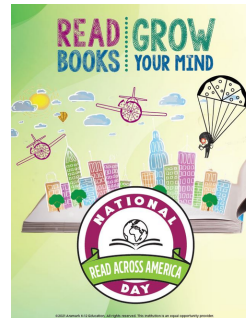
## Very Berry Overnight Oats

- 1/2 cup dry oats
- 1/2 cup low- fat milk
- 1/4 cup vanilla greek yogurt
- 1/4 cup fresh or frozen mixed berries
- 1 tsp cinnamon
- 1 Tbsp maple syrup or honey

1. Place all ingredients into a large glass container and mix until combined.
2. Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight.
3. Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.

## Read Across America Day

Across our District we will be celebrating Read Across America Day! We have a celebratory treat of a delicious Carnival Cookie during lunches.



Read Across America Day was established to create an initiative to encourage reading by the American Education Association. This day, March 2nd, is also the birthday of Dr. Seuss who has inspired children and adults alike to find joy in reading.

## March National Days

WHERE DOES SPAGHETTI GO TO DANCE?

THE MEATBALL

National Meatball Day falls on March 9th. Students will celebrate with a meatball sub!

Employee Appreciation Day- March 3  
National Cheese Doodle Day - March 5  
National Potato Chip Day - March 14  
National Cheesesteak Day - March 24

Registered Dietitian Day- March 8



## March is NATIONAL NUTRITION MONTH

CELEBRATE BY:  
- TRYING A NEW RECIPE  
- PLANNING A FAMILY MEAL NIGHT  
- TAKING A COOKING CLASS  
- RECREATING YOUR FAVORITE DISHES  
- CREATING A RECIPE BOOK OF YOUR FAVORITE HEALTHY MEALS





# National Nutrition Month

## Weekly Messages from the Academy of Nutrition and Dietetics

### Week 1: Eat with the environment in mind.

Enjoy more plant-based meals and snacks.

Purchase foods with minimal packaging.

Buy foods in season and shop locally when possible.

Start a container or backyard garden to grow food at home.

### Week 2: See a Registered Dietitian Nutritionist (RDN).

Ask your doctor for a referral to an RDN.

Find an RDN who specializes in your unique needs.

Learn how nutrient needs may change with age.

Receive personalized nutrition information to meet your health goals.

### Week 3: Stay nourished and save money.

Plan your meals and snacks.

See what food you have at home before purchasing more.

Use a grocery list and shop sales when purchasing food.

Learn about community resources such as SNAP, WIC and local food banks.

### Week 4: Eat a variety of foods from all food groups.

Include your favorite cultural foods and traditions.

Eat foods in various forms including fresh, frozen, canned and dried.

Avoid fad diets that promote unnecessary restrictions.

Practice gratitude for your body by giving it the fuel it needs.

### Week 5: Make tasty foods at home.

Learn cooking and meal preparation skills.

Try new flavors and foods from around the world.

Find creative ways to use leftovers rather than tossing them.

Create happy memories by eating with friends and family when possible.

**eat right.** Academy of Nutrition and Dietetics

**National Nutrition Month® 2023**

## WORD SEARCH

Words may be horizontal, vertical, diagonal, or backwards.

### FUEL FOR THE FUTURE

Anchovy

Bulgur

Cheddar

Daikon Radish

Endive

Freekeh

Grapes

Honeydew

Jackfruit

Kefir

Lentils

Mung Beans

Nectarines

Oats

Pistachios

Raspberries

Soymilk

Turkey

Wild Rice

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

