March is National Nutrition Month. The theme this year is Put Your Best Fork Forward. The goal of this campaign is to model healthy eating habits with every forkful. Try using fruits and vegetables to fill up half of your plate for every meal. Increasing physical activity also improves overall health. Schedule activities such as walking trails and going to the park weekly.

Theme days continue to be a big success and Students’ participation on Valentine’s Day was the highest since the beginning of the school year! March special menu will be on St. Patrick’s Day, March 17, and will include Shamrock Chicken Nuggets, Potato Smiles, Luck O’ the Ice Fruit Cup, and a Shamrock cookie.

Feedback has been extremely positive on the new selections of the middle school lunch menu. Other new items will be taste-tested with Alta Loma students in order to continue to enrich our menus. Elementary and Parkway students loved the new breakfast Turkey Ham & Cheese on Hawaiian Bun and High Schoolers enjoyed the new Dutch Waffle.

Our customer base recently increased due to adults’ participation. Staff from the District Office and from the Hillside Christian Academy have started to buy lunch and particularly like the Grab & Go salads, the shaker salads and the newly introduced fresh packs.

We will soon offer edamame in the salad bars. Edamame is immature green soybeans and can be used as an alternative to beans in a variety of dishes. Edamame is a good source of protein, fiber, folate, iron and calcium. Beans are not always very popular and we hope that students will enjoy this alternative.

Finally, starting in March, we will celebrate the birthdays of the month with a yummy treat. Next month birthday celebration will be on March 9 and the treat will be a Whole Grain Rice Krispy’s® minibar. Do not miss it!

Fran Debost, Nutrition Services Director

**TIP OF THE MONTH**

**Smoothies are Great for On-the-Go**

With busy on the go lifestyles, it can be hard to cook balanced, nutritious, and delicious meals. Smoothies are a fantastic and quick alternative that do not require cooking.

**RECIPE OF THE MONTH**

**Shamrock Smoothie**

Makes: 1 Serving
Prep: 5 minutes

**Ingredients**

- 1 large banana, frozen (sliced)
- 1 cup spinach
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup low-fat milk
- 1/3 fresh mint leaves, (optional)
- 4 ice cubes
- 1 kiwi, sliced

**Directions**

1. Put banana, spinach, yogurt, milk, mint leaves (optional), and ice in a blender. Blend until smooth.
2. Cut kiwi into shamrock shapes and put on top of the smoothie.

*This institution is an equal opportunity provider.*