

NUTRITION BITES SCITUATE SCHOOL NUTRITION

March 2018

Four things you may want to know:

01 HARVEST OF THE MONTH:

The Harvest of the Month for March is dairy! We are celebrating with fruit and yogurt parfaits on Tuesday March 20th!



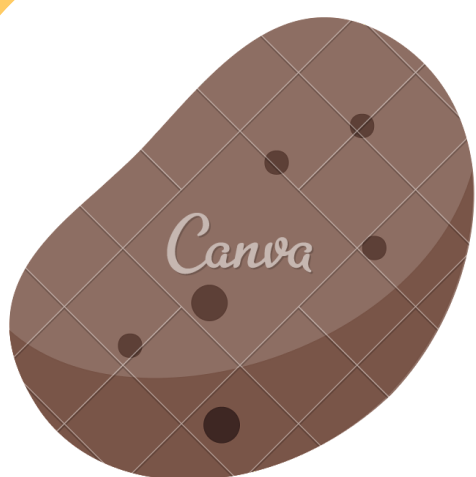
02 DAIRY FACTS

An 8 ounce glass of milk supplies 30% of your daily calcium needs and a cup of yogurt supplies up to 45%. Calcium is essential for strong bones and teeth.



03 INCORPORATING FARM FRESH

When possible, Scituate School Nutrition works to use vegetables and herbs grown right here in our school gardens. This past fall we used carrots, garlic and potatoes on Food Day!



04 NEW OFFERINGS

We have started offering Power Packs as 2nd choice meals. Each Power Pack contains a fruit, vegetable, whole grain and protein. Check out our instagram @scituateschoolnutrition for pictures!

NEW