

Montesano School District March Nutrition Newsletter



Spring Is in The Air – What’s Blooming in the Cafeteria?

Welcome to your monthly newsletter! We are excited to share our story with you! Plant Power is a celebration of plant-based fresh, seasonal and local foods. Through a variety of menu items, students can explore how they and their families can incorporate more of these powerful foods into their regular diet.

We’re encouraging kids to load their trays with more produce. It’s an easy and nutritious way to teach kids to make every day healthy food choices. That can be the most powerful thing they can do for their health.

Some facts about fruit and vegetables:

- Fruit and vegetables should be an important part of your daily diet.
- They are naturally good and contain vitamins and minerals that can help to keep you healthy. They can also help protect against some diseases.
- Fruit and vegetables are best bought when they are in season. Otherwise try frozen or canned vegetables as they are just as nutritious and budget friendly as well.
- You should eat at least 5 serves of vegetables and 2 serves of fruit each day. Choose different colors and varieties.
- If you are someone who doesn’t look forward to eating fruit or vegetables, start slowly with those you do like. Try serving, flavoring or cooking them in different ways. You can also disguise them in sauces, minced meals or curries.

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chartwells
serving up happy & healthy

What’s Happening on the Menu?
March 4th-8th: National School Breakfast Week
February 18th: National Sloppy Joe Day

Events to Look Forward to this Month:
March 17th- Saint Patrick's Day

Days to look out for:
March 8th & 22nd- No School
March 29th- Early Release
April 1st- 5th – Spring Break- No School



A Reason to Celebrate!

March 4-7: National School Breakfast Week

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. In these uncertain times, busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast!

March 17: St. Patrick's Day

Patrick's Day is the feast day of St. Patrick, a patron saint of Ireland. Originally celebrated with religious feasts and services, St. Patrick's Day became a secular celebration of Irish culture when it reached the United States alongside Irish immigrants. Wear your green!

March 18: National Sloppy Joe Day

The Sloppy Joe is one of America's all-time favorite hot sandwiches. Its base ingredient is often ground beef. The other elements give it its flavor, though. Onions, tomato sauce, brown sugar, or maple syrup to sweeten it and seasonings to spice it. All of it is served up on a hamburger bun or roll. And is it ever sloppy! Be sure to grab more than one napkin!

March 25: International Waffle Day

You probably already know what a waffle is. In case you don't, it's made with the same ingredients as pancakes. The difference between the two is that waffles are cooked between two plates or a waffle iron.

No matter what shape they are made, waffles always contain a pattern of squares, which are great for soaking up butter, syrup, and other toppings.

