

MARCH 2024

MONTHLY UPDATE

amazing things ARE HAPPENING

Glassboro School District



HS Wedge Salad

Hello, Glassboro School District, wow it is hard to believe how quickly March was over it came in like a lion and out like lamb.

The March salad of the month at the HS was the Wedge, and it was a big hit. April's salad of the month will be a Cobb Salad.

The Street Eats feature for March was Street Noodles, the HS & MS took it to the next level & the students love it.

At the Elementary school's we celebrated Dr. Suess Birthday, St Patrick's day then it was off to Spring break.

In April we added some new items to our menus at the HS & MS we added Spicy chicken Quesadilla & Chicken Parmesan & pasta. At elementary school we added Taco Pie and Butter Chicken over brown rice.



HS Teriyaki Beef & Broccoli



MS General Tso noodle bowl



MS Breakfast Sandwich



Happy Birthday Dr. Seuss



St Patty's Day Fun @DLB



Hopping into Spring Break

What's Fresh in the Garden State?

As spring blooms across New Jersey, we look forward to featuring local produce on our menus once again. If you grab a fruit or vegetable from our cafeteria this spring, chances are it has only traveled a short distance from the farm to your lunch tray. The Department of Defense Fresh Fruit and Vegetable Program (DoD Fresh) allows schools to use their USDA commodity dollars to buy fresh produce from farms that are local to your school. This supports our local farmers while also benefiting our students by providing them with the freshest fruits and vegetables available.



At school and at home, you can welcome spring by purchasing these in-season items from your local farmers:

April: kale, bitter greens, scallions, cilantro, radishes, spinach, dill, parsley, asparagus

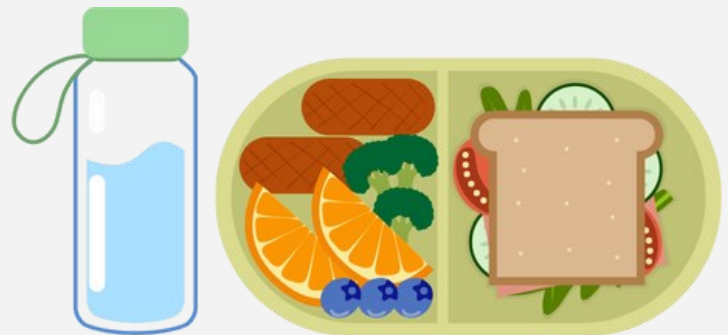
May: strawberries, beets, cabbage

June: salad greens, broccoli, carrots, cherries, peas, basil, blueberries, corn, tomatoes, onions, zucchini, cucumbers, peppers, yellow squash

Healthy Eating on the Go

Spring means longer, warmer days, and more time spent out of the house. But being busy doesn't mean that your family's nutrition has to suffer! Whether you're running between meetings or shuttling the kids to soccer practice, here are a few tips to keep your meals wholesome and satisfying.

1. **Plan ahead**—sit down as a family and plan a menu for the week ahead. On days where you know you'll be busy, plan an easy meal that travels well, or plan to grab takeout at a restaurant where you know they have a variety of healthy, affordable options. You can even stop by your local grocery store's prepared foods section for an affordable, nutritious meal.
2. **Embrace the power of prep**—spend some time one day a week chopping veggies, portioning out snacks, and prepping grab-and-go meals for the week ahead. After a busy day, there is nothing better than having some of the work already done!
3. **Think outside the box**—meals don't need to be a formal, sit down event to be nourishing. Things like fruit and yogurt smoothies or snack boards with cheeses, meats, vegetables, and fruits are great options for light and easy meals or snacks.
4. **Always eating on the go?**—tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are nut/seed butter and crackers, granola bars, a piece of fresh fruit, trail mix, and single serve packages of whole grain cereal.



QUESTIONS OR COMMENTS? Contact us!

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