

Harvest of the Month

Growing Healthy Students



Botanical name: *Asparagus officinalis*



Healthy Serving Ideas

- Bake, grill, boil, steam, microwave, or stir-fry asparagus spears.
- Dip raw or lightly cooked asparagus spears in lowfat dressing.
- Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken. Serve with brown rice.
- Help your child find a healthy recipe with asparagus. Cook it together.

APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham & Cheese Sandwich	2 No School
5	6 Spring	7 Break	8	9
12 Corn Dogs	13 Cheesy Breadsticks	14 BBQ Pork Sandwich	15 Tacos	16 Tuna Sandwich
19 Chili Dogs	20 Chicken Patty on a Bun	21 Domino's Pizza	22 Spaghetti	23 Chalupa
26 Taquitos	27 Tamales	28 Chicken Alfredo	29 Cheeseburger	30 Cook's Choice

Following available for Breakfast: Daily special, low-fat or non-fat milk, 100% juice and/or fruit.

Breakfast Specials

Cereal	Bagel	Cereal & Muffin	Apple Bites	Cereal
Cereal & Banana Loaf	Cereal	PB & J Sandwich	Cereal	Yogurt & Granola

Health and Learning Success Go Hand-In-Hand

State testing in the spring is an ideal time to reinforce the importance of nutrition and physical activity. Academic achievement and healthy behaviors, such as eating breakfast, are mutually reinforcing. Kids who eat breakfast miss fewer days from school and have improved behavior and attitude. And kids who do well in school are more likely to practice other healthy behaviors. *Westmorland School* supports giving students the chance to learn about the importance of making healthy food choices and being physically active every day. Remind your child to eat breakfast everyday to help stay focused in school.