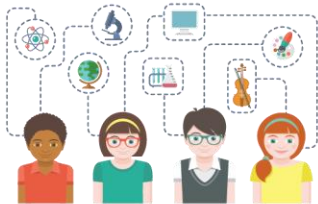


Celebrate National School Breakfast Week!

March 3-7 is National School Breakfast Week. Breakfast gives kids a great start every day, but when the school week gets busy, it's easy for students to rush out the door in the morning without having a nutritious meal. That's why school breakfast is such a great option!



Children who eat breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and better at maintaining a healthy weight



The National School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day. These breakfasts tend to be more nutritious than the average breakfast a child gets from home or a convenient fast-food restaurant.¹

Milk Matters

What's the best thing to serve with breakfast – milk!

See the next page to learn more about the importance of milk as a source of calcium.



Colorful Snacks for St. Patrick's Day

Go Green – without the dye!

You don't need to reach for food coloring to go green. Make a fun all-green snack board or create a dish using as many green foods as you can. Here are some great options:

- | | | |
|-------------------|----------------------------------|-------------|
| • Broccoli | • Kiwi | • Asparagus |
| • Green Grapes | • Apples | • Celery |
| • Spinach | • Cucumbers | • Olives |
| • Sugar Snap Peas | • Edamame | • Avocado |
| • Green Beans | • Brussels Sprouts | |
| • Green Lentils | • Lettuce, or other leafy greens | |



Great taste is at the end of the RAINBOW

Build your own rainbow using a variety of colorful fruits such as:

- | | |
|--------------------------|------------------------|
| • Strawberries | • Kiwi or Green Grapes |
| • Clementines or Oranges | • Blueberries |
| • Pineapple | • Purple Grapes |

Wash and prepare the fruit. Slice the strawberries, peel and cut the kiwi, cut the pineapple into chunks, and peel and separate the clementines.

Grab your favorite platter and start assembling. Make an arc of red, orange, yellow, green, blue, and violet with all of the fruits. Refrigerate until ready to serve. Add a yogurt fruit dip for dipping!

The Story of Johnny Appleseed



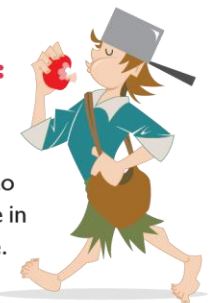
March 11th is National Johnny Appleseed Day.

His real name was John Chapman and he was born in 1774. We remember him as a man who made apple (and pear) trees bloom across the nation. He worked his way steadily into the frontier of West Virginia, Ohio, and Indiana and eventually, became known as Johnny Appleseed. He went as far west as Illinois and Iowa and as far north as Michigan and Wisconsin.

Often shoeless, he traveled mostly by foot and sometimes by horseback or canoe. His appearance was nearly as noteworthy as his accomplishments, but so was his kindness. Farmers and frontier folk always found a place at the table if Johnny Appleseed came visiting.²

Celebrate Johnny Appleseed Day:

- Check out a Johnny Appleseed book from your school or public library.
- Visit a local orchard or garden store to learn about the trees that live and thrive in your area and maybe plant a fruit tree.
- Eat your favorite tree fruit – it doesn't have to be an apple! Johnny Appleseed planted several varieties of fruit trees. Tree fruits that are in season in March include avocados, kumquats, lemons, limes, oranges, mandarins, and pomelos.



Sources:

1- <https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/about-national-school-breakfast-week/>

2- <https://www.nationaldaycalendar.com/national-day/national-johnny-appleseed-day-march-11>

We're rethinking school meals!

Join us as we celebrate the good work
in schools across the country.

rethinkschoolmeals.com

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Strong Bodies,
Strong Minds:

THINK
CALCIUM!

Calcium & Kids

We associate calcium with building strong bones, but it does so much more!
Calcium also supports nerves and muscles, plus, it's an important part of a heart healthy diet.

Serve It Up

What counts as a serving of calcium?

1-3 years old: 2-2.5 servings

4-8 years old: 2.5 servings

9-18 years old: 3 servings

How much is a serving? 1 cup!

Milk Matters

Why do doctors agree that milk (or milk alternatives) are so important? Because the bones we build in childhood carry us through! Research shows that starting strong keeps us strong.

Take Your Pick

Dairy Options:

Milk
Yogurt
Cheese

Non-Dairy Options:

Soy Milk
Tofu
Almonds

Daily Dairy

What does a serving of dairy look like?

1 cup milk or milk-alternative

1 cup yogurt

1.5 oz cheese

2 cups cottage cheese

1.5 cups ice cream

Fun Fact

Did you know you need Vitamin D for your body to absorb Calcium? That's what makes milk such a smart choice!

We're rethinking school meals!
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rethinkschoolmeals.com



rethink
SCHOOL MEALS
One Bite at a Time

Sources:

<https://www.hopkinsallchildrens.org/Patients-Families/Health-Library/HealthDocNew/Calcium-and-Your-Child>
<https://www.myplate.gov/eat-healthy/dairy>