

The Kitchen Explorers Newsletter  
March 2024



Spring Break March 18-22, 2024



Hello  
March

We have made it to March and have a short month with Spring Break right around the corner.

With March also comes National Nutrition Month which focuses on the importance of making informed food choices and developing sound eating and physical activity habits. We strive in the school kitchen to meet these standards with each meal that we serve and the fresh produce choices that are offered. Check out what is in season right now. So many amazing choices to start out with in Spring!

whats in season march



- |                  |                   |
|------------------|-------------------|
| Apples           | Leeks             |
| Artichokes       | Lemons & Limes    |
| Avocados         | Mango             |
| Asparagus        | Mushrooms         |
| Bananas          | Oranges &         |
| Beets            | Tangerines        |
| Bok Choy         | Parsnips          |
| Broccoli         | Pears             |
| Brussels Sprouts | Pineapples        |
| Cabbage          | Potatoes          |
| Carrots          | Rutabagas         |
| Cauliflower      | Strawberries (FL) |
| Celery           | Sweet Onions      |
| Greens           | Turnips           |
| Kiwi             |                   |

visit [healthyfamilyproject.com](http://healthyfamilyproject.com) for recipes using these seasonal fruits & veggies



Great family fun crafts/games

Great family crafts

[www.madewithhappy.com/march-crafts-for-kids/](http://www.madewithhappy.com/march-crafts-for-kids/)

[craftythinking.com/march-crafts-for-kids/](http://craftythinking.com/march-crafts-for-kids/)

Family Fun Recipes

[www.kids-cooking-activities.com/March-national-food-days.html#gsc.tab=0](http://www.kids-cooking-activities.com/March-national-food-days.html#gsc.tab=0)

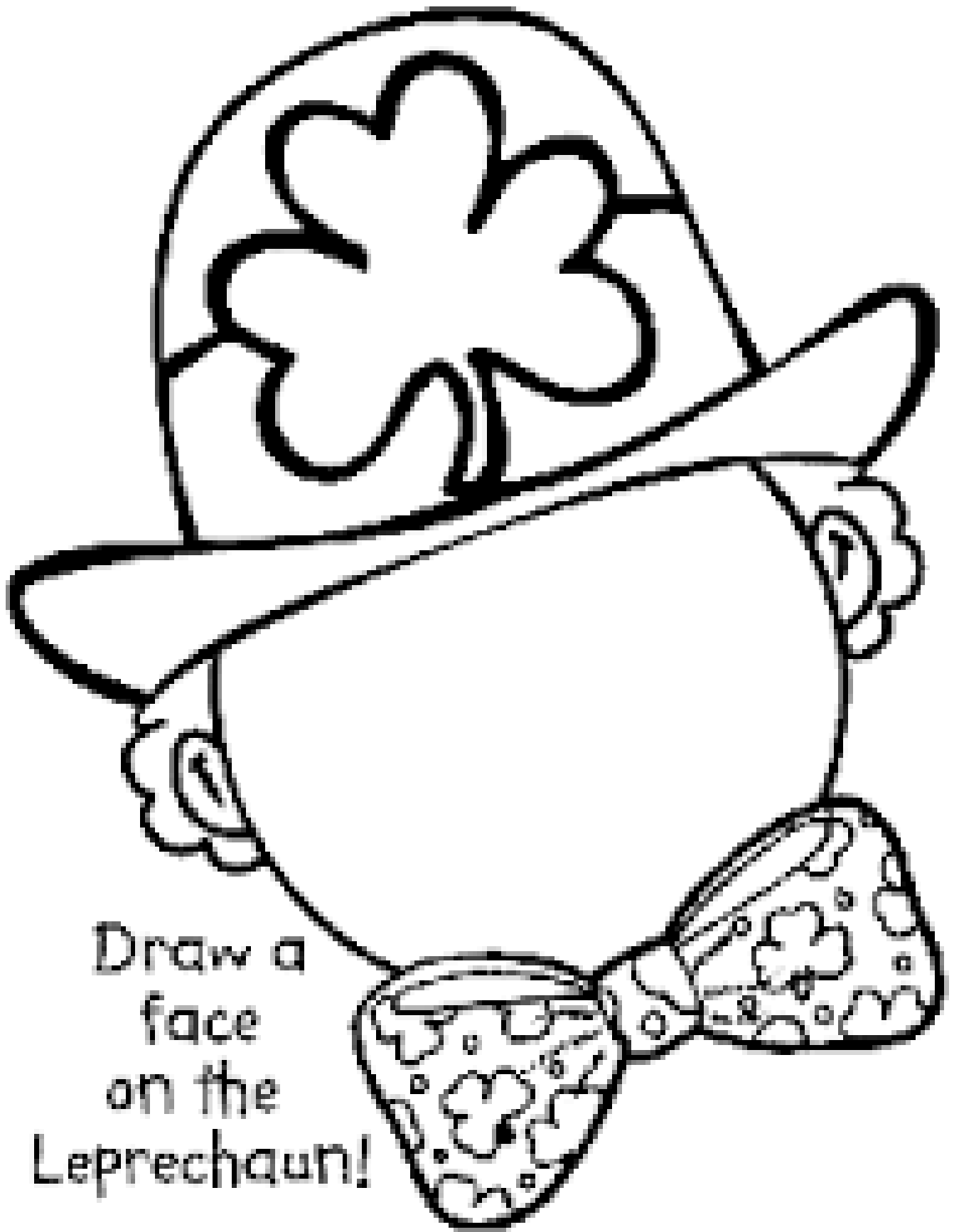
[www.tasteofhome.com/collection/popular-home-recipes-march/](http://www.tasteofhome.com/collection/popular-home-recipes-march/)



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Happy St.  
Patrick's Day





Draw a  
face  
on the  
Leprechaun!