

Monday	Tuesday	Wednesday	Thursday	Friday	FFVP Focus
<p><b>** All Meals Are Served with 1% or Non-Fat Milk</b></p>  <p><b>It's National Nutrition Month!</b> Eating a RAINBOW of colorful fruits &amp; veggies will give your body a VARIETY of important NUTRIENTS that keep you healthy &amp; strong</p>				1	<b>Arizona-Fresh Grapefruit</b>
				Bagel/Cream Cheese  All Star Corn Dog, Roasted Corn, Veggie Sticks, Orange Smiles	
4	5	6	7 Farmraiser Week 5	8	<b>Arizona-Fresh Watermelon Radish</b>
WG Pancakes  Cheese Pizza Pizza Sauce Carrots Orange Smiles	WG Bagel  Chicken Taquitos With Cheese topping Salsa Pinto Beans Shredded Lettuce Grapefruit Wedge	WG Apple Frudel  Peanut Butter and Jelly Sandwich String Cheese Spring Salad Broccoli & Cauliflower Melon Chunks	WG Cereal or  Meatloaf with Brown Rice Spinach Salad Sliced Cucumbers and Cherry Tomatoes Grapes	WG PB&J with String Cheese or  Pancakes Scrambled Eggs Hashbrown with Red Pepper and Onions Celery Sticks Apples	
11	12	13	14-	15	
<b>Spring Break- No School</b> <b>Week 1 Challenge: Eat at least ONE fruit or veggie snack EVERY DAY (see if you can eat the rainbow!)</b>					
<i>Red</i> <i>Orange</i> <i>Yellow</i> <i>Green</i> <i>Blue</i> <i>Purple</i>					
18	19	20	21	22	
<b>Spring Break – No School</b> <b>Week 2 Challenge: Do 10 x 3</b>					
<i>Do 10 jumping jacks 3 times today</i>	<i>Do 10 sit-ups 3 times today</i>	<i>Do 10 push-ups 3 times today</i>	<i>Do 10 minutes of running/jumping 3 times today</i>	<i>Do 10 of your favorite exercises 3 times today</i>	<i>Do 10 "head-shoulders-knees-toes" stretches 3 times today</i>
25	26	27	28 Farmraiser begins next week!	29	<b>Starfruit</b>
Cherry Frudel  French Bread Pizza Romaine Garden Salad Rainbow Carrots Apple Smiles	Bagel & Cream Cheese  Chicken Patty Lettuce, Tomato & Pickle Chips Spring Salad <b>Cuties</b>	Yogurt & Granola  Meatball Sub Sweet Potato Fries Spinach Salad Pears	Breakfast Burrito  Hot Diggity Dog Baked Beans Broccoli & Cauliflower Watermelon Chunks	Banana Muffin & Cheese Stick  Fish Sticks Cole Slaw Cucumber Slices Grapes	

Celebrating Arizona's Delicious Local Harvest: Carrots, Cauliflower, and Citrus, oh my!



Hard-working farmers provide a colorful variety of healthy food for families in Arizona and across the country. Citrus is one of our state's big crops, along with leafy greens and other important veggies.

Look for the Arizona Grown label & Eat FRESH, Eat LOCAL!

This institution is an equal opportunity provider. Esta institución es un proveedor que ofrece igualdad de oportunidades. Food items subject to availability.