

## Cafeteria Corner March 2020



### National Nutrition Month

It's that time of year again! March is National Nutrition Month, a time to brush up on our food facts. In celebration of this month, see if you can answer these questions about nutrition. (Your students may be able to help you!) For more information, visit [www.eatright.org](http://www.eatright.org).

1. What part of a fruit has the most fiber in it?
2. T/F: You should always eat the same fruit everyday?
3. What food group does a kiwi fall into?
4. Bananas are high in which nutrient?



Answers: (1) the skin, (2) FALSE! Eat a rainbow of fruity colors (3) the fruit group, (4) Potassium

### National School Breakfast Week (3/2-3/6)! (THEME: School Breakfast: Out of this World!)

Did you know...Breakfast is one meal most often skipped by teens?! Adequate nutrition at the beginning of the school day is critical to improving attendance, behavior/discipline, concentration, achievement, diet and health. Children who eat school breakfast eat more fruit, drink more milk and consume a wider variety of foods. It can be hard to eat a healthy breakfast at home in the morning while rushing out the door, so try arriving at school early to eat a healthy SCHOOL BREAKFAST!

Try this fun breakfast recipe!

## Fruity Breakfast Lasagna

Ingredients
<ul style="list-style-type: none"><li>• 4 cups Corn flakes or any other whole grain cereal</li><li>• 2 cups Watermelon</li><li>• 1 cup Strawberries</li><li>• 1 cup Blueberries</li><li>• 1 cup Yogurt, nonfat (Try Greek yogurt!)</li></ul>
Directions
<ul style="list-style-type: none"><li>• Place 1/3 cereal in layer on the bottom of an 8x8 serving dish.</li><li>• Mix yogurt and fruit together.</li><li>• Place half of the yogurt/fruit mixture on top of the cereal.</li><li>• Sprinkle half of the remaining cereal over the fruit mixture.</li><li>• Top with the remaining fruit mixture, and end with the rest of the cornflakes.</li></ul>
*Serves 6