

This Month in Discovery Kitchen

March is Plant Power month in the cafeterias and this month's Discovery Kitchen theme is designed to engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Plant Power is a celebration of plant-based fresh, seasonal and local foods. Through a variety of menu items and cafeteria activities, students can explore how they and their families can incorporate more of these powerful foods into their regular diet..

A Reason to Celebrate!

March 7-11: National School Breakfast Week

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. In these uncertain times, busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast!

March 17: St. Patrick's Day

Patrick's Day is the feast day of St. Patrick, a patron saint of Ireland. Originally celebrated with religious feasts and services, St. Patrick's Day became a secular celebration of Irish culture when it reached the United States alongside Irish immigrants. Wear your green!

March 18: National Sloppy Joe Day

The Sloppy Joe is one of America's all-time favorite hot sandwiches. Its base ingredient is often ground beef. The other elements give it its flavor, though. Onions, tomato sauce, brown sugar, or maple syrup to sweeten it and seasonings to spice it. All of it is served up on a hamburger bun or roll. And is it ever sloppy! Be sure to grab more than one napkin!

March 25: International Waffle Day

You probably already know what a waffle is. In case you don't, it's made with the same ingredients as pancakes. The difference between the two is that waffles are cooked between two plates or a waffle iron.

No matter what shape they are made, waffles always contain a pattern of squares, which are great for soaking up butter, syrup, and other toppings.

