

Stanley G. Falk School - Roosevelt Location K-6

Fresh Fruit & Vegetable Program Menu

March 2024

Growing Minds Resource Corner



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Orange Smiles
4 Move it Monday!! 12 Reach For the Sky! (six on each side)	5 Broccoli Trees w/ ranch dipping cup	6	7 Pineapple Chunks	8
11 Move it Monday!! 10 Jumping Jacks	12	13 Mixed Berry Cup	14	15 <i>No School</i>
18 Move it Monday!! 5 Squats	19 Yellow Pepper Sticks w/ ranch dipping cup	20	21 Cantaloupe & Honeydew Cup	22
25 Move it Monday!! 10 Large & Small Arm Circles	26	27 Celery Spears w/ SunButter Dip cup	28	29 <i>Spring Recess Begins</i>

#FalkForward: Fresh Veggie Feature: Cabbage

Cabbage is packed with a variety of Nutrients; it can help keep inflammation in check. Cabbage is packed with vitamin C and can help with digestion. Cabbage can contribute to heart health, lower blood pressure and cholesterol levels. Cabbage is also an excellent source of Vitamin K



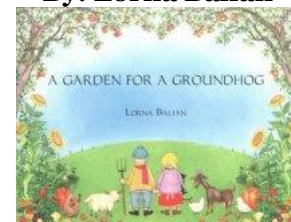
Try it... You might love it!

#FalkFunny:

“For every action there is an equal and opposite reaction...” – Newton’s Law
“Shredded cabbage and carrot make a great salad” – Cole’s law

Reading Corner A Garden for a Groundhog

By: Lorna Balian



The O’Leary’s lived on a small farm with their cat, farm animals, and one not-so-welcome guest: a groundhog that liked to eat all of their fresh vegetables every summer. As Mr. O’Leary devises a plan to keep the groundhog from stealing all of their veggies, the readers are able to learn about life on a small farm, the changing seasons, and the mutual relationships humans share with animals.

Parent Resources

<https://www.nutrition.gov/subject/life-stages/children>

<https://www.fns.usda.gov/tn/parents>

<https://www.choosemyplate.gov/health-and-nutrition-information>

<https://kidshealth.org/en/parents/elementary-exercises.html>

Move It Mondays

Make one day of the week your day to exercise...

Try this at home!!

Push-ups on the counter:

Place both hands on the counter top, extend your legs behind you at an angle, bend your elbow into the counter top, then push back up!

For more fun and inexpensive exercises to do with kids click the link below

<https://www.familyeducation.com/life/exercise-sports/8-fun-cheap-family-fitness-activities>