



As we step into Women's History Month, we honor the resilient spirit and remarkable achievements of women from all walks of life. This month is dedicated to recognizing the impact that women hold in shaping a future where gender equality thrives.

March is also National Nutrition Month, dedicated to embracing healthy eating habits and overall well-being. We believe it's never too late to start embracing a healthier lifestyle!

### March 4th - March 8th is National School Breakfast Week

Students who start their day off with a nutritious breakfast are most likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Have better attendance rates & fewer behavioral problems

### Reminders & Updates

- With Spring break right around the corner, we ask that schools fill out our **spring break closure form** linked in the body of this email. Thank you!
- Any emergency closings, please refer to our emergency closing policy!

### Berry Banana Smoothie

**Ingredients:** 1 Cup of Spinach, ½ Banana, ½ cup of Mixed Berries, ½ cup of Greek Yogurt, 1 Tablespoon of Chia Seeds (optional), ½ cup of Almond Milk (or any preferred milk)

**Directions:** Add all ingredients to the blender and blend till smooth. Enjoy!



Looking for Summer Meals?  
We've got you covered, just reach out to your Customer Service Specialist!

### The Roots of Women's History Month

In 1978, an Education Task Force from California initiated a "Women's History Week" during the week of March 8th. After the enthusiastic response from the celebration, President Carter issued a Presidential Proclamation declaring the week of March 8th, 1980 as National Women's History Week. After many years of lobbying and several states already celebrating the month, in 1987, Congress officially declared March as Women's History Month.

