

NATIONAL SCHOOL BREAKFAST WEEK

National School Breakfast Week is March 4th—8th, 2019!

Make sure you join us for breakfast that week and see what we are cooking up in our kitchens. If you come in and eat breakfast every day during School Breakfast Week you will be entered into a drawing for your class to win a special breakfast.

Chef Solus St. Patrick's Day Word Search Puzzle!



N	B	N	B	W	S	C	C	A	B	B	A	G	E	G
O	S	U	G	A	R	A	P	S	A	M	B	A	O	T
N	T	A	W	N	Y	L	H	E	C	U	T	T	E	L
N	S	V	X	N	P	L	J	E	T	K	U	V	B	Q
A	X	O	X	Z	P	I	F	E	F	O	V	C	B	H
O	R	C	U	L	L	F	X	B	T	R	E	A	R	N
A	R	A	B	L	U	L	U	L	F	S	S	A	S	J
R	T	D	E	L	D	L	I	P	E	R	R	N	C	N
T	C	O	K	Z	E	W	P	W	R	B	J	E	C	M
I	S	C	H	P	W	E	Z	R	W	W	L	Q	C	K
C	S	Q	F	Q	P	C	P	M	V	E	F	A	L	L
H	I	N	I	H	C	C	U	Z	R	K	H	V	I	I
O	D	Z	E	Q	M	C	Q	Y	W	Y	H	V	E	M
K	Q	W	X	J	U	S	N	I	I	T	P	M	C	B
E	K	L	R	C	H	C	A	N	I	P	S	Y	W	B



ARTICHOKE
SPINACH
ASPARAGUS
LETTUCE
CUCUMBERS

PEAR
KALE
BROCCOLI
PEPPER
LIME

CAULIFLOWER
AVOCADO
CABBAGE
CELERY
ZUCCHINI



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Spring Break

Spring Break is March 11th—15th, 2019.

Spring Break is an excellent chance to get outside and be active.

ACTIVITY CORNER

Buddy up for exercise

Everything—including working out—is more fun with a friend when you're a tween or teen. Offer these suggestions.

Choose a partner

Have your child find someone he can easily meet up with. This person might live nearby or take the same bus home from school, for example.

Make a plan

Encourage the two of them to settle on activities that fit their interests, schedules, and budgets. They could look for options at community centers or gyms (rock climbing, tae kwon do) or things to do on their own (street hockey, badminton). Then, they should decide when and where they'll get together.

Be accountable

Apps like *MapMyFitness* and *Fitocracy* let them see their own—and each other's—progress. Logging in daily can keep them on track.

