

# Families Making the Connection

## Planting Seeds for Lifelong Learning

School gardens can be effective learning tools for students to discover fresh food, make healthier food choices and be more active. Gardens offer dynamic settings for class curriculum activities that integrate science, math, environmental studies, reading, nutrition, health, physical activity and more. If your child's school or class chooses to do a garden, here are some tips to help guide you.

- Get permission. Check with the principal and school administrators about garden policies.
- Investigate liability issues and insurance costs and requirements.
- Follow federal, state and local health, sanitation and safety regulations.
- Choose a garden site that has safe soil, gets direct sun for 6-7 hrs/day, is clear of trees and roots, and has good water drainage. Ensure you have a safe water source and handwashing station nearby.
- Create rules and guidelines so that everyone knows how the garden operates.
- Define your plan for the garden.
- Organize a garden committee and volunteers. Include teachers, School Nutrition staff, students, and families.
- Design your garden. Consider fencing, composting, a tool shed, benches and paths that are wheelchair accessible (36 inches).
- Link the garden to class curricula activities.
- Help students learn about farm to school.
- Share the harvest with a food bank or pantry.

For more tips, go to <https://bit.ly/2RrALGw>.



Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
<b>Warm Cinnamon Bun</b> Peachy Peaches  *Pork BBQ/ Bun *Beefy Nachos Salsa/Sour Cream Coleslaw, Baked Beans Golden Corn Cinnamon Spiced Pears	Sausage Egg Cheese Biscuit Tropical Fruit Salad  * Baked Spaghetti / Garlic Toast *Grilled Chicken Club/ Bun Seasoned Spinach Fresh Garden Salad Brown Sugar Peach Crumble	Apple Strudel Mixed Fruit  *Oven Fried Chicken /Roll *Tuna Salad w/ Crackers Broccoli & Cheese Black eyed Peas/ Rice Fruity Jello	Breakfast Pizza Chilly Pears  *Grandma's Meatloaf/Roll *Hot Turkey Cheese Sandwich Steamed Carrots Mashed Potatoes Mixed Fruit Parfait	Toaster Pastry Applesauce Cups  Pepperoni Pizza Bites Marinara Dipping Sauce Oven Fried Potatoes Green Beans Applesauce Cup
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
French Toast Sticks Pineapple Tidbits  *Loaded Baked Potato *Bacon Cheeseburger Steamed Corn Fresh Garden Salad Banana	Smokey Turkey Cheese Wrap Peachy Peaches  *Salisbury Steak/Gravy/ Roll * Chef Salad /Chicken Creamy Whipped Potatoes Steamed Broccoli Warm Apple Crisp	Breakfast Pizza Golden Raisins  * Maria's Meatball Sub *Turkey Salad w/ Crackers Sweet Potato Fries Fresh Garden Salad Peachy Parfait	Spicy Chicken Biscuit/ Jelly Mixed Fruit  * Turkey Roast/Gravy/Roll * Crunchy Beef Tacos Mixed Veggies Candied Yams Cranberry Sauce	Pancake on Stick Chilled Pears  *Wild Mikes Pizza Marinara Dipping Sauce Oven Fried Potatoes Green Beans Diced Peach Cup
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
<b>Warm Cinnamon Bun</b> Peachy Peaches  *Pork BBQ/ Bun *Beefy Nachos Salsa/Sour Cream Coleslaw, Baked Beans Golden Corn Cinnamon Spiced Pears	Sausage Egg Cheese Biscuit Tropical Fruit Salad  *Oven Fried Chicken /Roll *Tuna Salad w/ Crackers Oriental Veggies Black eyed Peas/ Rice Fruity Jello	Apple Strudel Mixed Fruit  * Baked Spaghetti / Garlic Toast *Grilled Chicken Club/Bun French Fries Seasoned Green Beans Tropical Fruit Salad	ER  Managers Choice	WE CAN CHANGE THE WORLD   with KINDNESS
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
<b>Warm Cinnamon Bun</b> Peachy Peaches  *Pork BBQ/ Bun *Roasted Hotdog/Bun Coleslaw Baked Beans Golden Corn Cinnamon Spiced Pears	Smokey Turkey Cheese Wrap Peachy Peaches  *Salisbury Steak/Gravy/ Roll * Jaguar Submarine Creamy Whipped Potatoes Steamed Broccoli Warm Apple Crisp	Breakfast Pizza Golden Raisins  * Mac & Cheese /Roll *Turkey Salad w/ Crackers Sweet Potato Fries Seasoned Spinach Brown Sugar Peach Crumble	Spicy Chicken Biscuit/ Jelly Mixed Fruit  * Turkey Roast/Gravy/Roll * Cheesy Beef Burrito Mixed Veggies Candied Yams Cranberry Sauce	Pancake on Stick Chilled Pears  Bacon Cheese Burger Lettuce Tomato Pickles Oven Fried Potatoes Green Beans Diced Peach Cup



### April

- National Garden Month
- Earth Day (April 22)



Developed by School Nutrition Services, N.C. Department of Public Instruction. USDA is an equal opportunity provider and employer.

Substitutions may occur due to availability of products.

### Available Daily:

Breakfast : Cereal, Graham Crackers, 100% Fruit Juice  
 Breakfast & Lunch : Canned & Fresh Fruit  
 Flavored & unflavored 1 % Milk  
 Lunch : Yogurt Trio

\* Entrée

