



JUNE  
2023

## LARRY'S TIDBITS

Welcome to Larry's Tidbits!  
Join us every month for menu  
updates, nutrition nuggets,  
wellness tips and more.

### this month

#### JUNE IS REAL CALIFORNIA MILK MONTH

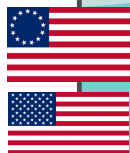
June is also National Dairy Month, Ice cream, yogurt, cheese, milk, sour cream \_ yum, the list goes on. Not only do dairy cows provide all these delicious foods but these foods provide us with so much nutrition!

#### 6/14 FLAG DAY

In the United States is a day honoring the national flag and is observed every June 14. The holiday commemorates the date in 1777 when the United States approved the design for its first national flag. Then and Now >>>

Did you know that:

- There have been 27 different versions of the American Flag.
- The current flag design is the only one to last for over 50 years.
- There are six U.S. Flags on the moon - but only five are still standing.



This institution is an equal opportunity provider.



#### HIRING SUBSTITUTES

- Training Provided
- Work while children are in school
- Weekends, Holidays and Summers OFF



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### a little laugh

How do you fix a broken berry?  
With a strawberry patch



#### TRY SOMETHING NEW

### summer smoothie

#### Berry smoothie

Ingredients for 4 servings:

- 2 cups (60 grams) of fresh spinach
- 2 cups (300 grams) of frozen berries
- 1 cup (240 ml) of plain yogurt
- 1 cup (240 ml) of whole milk or almond milk
- 1 tablespoon (20 grams) of honey

Add all ingredients to a blender and blend well

fresh is in!



With the start of June we celebrate National Fresh Fruit and Vegetable Month. It's perfect timing as the growing season is in full swing and there is an abundance of fresh produce available locally. The goal of National Fresh Fruit and Vegetable Month is to increase daily consumption of fresh produce.

Do you have picky eaters? The great news is that as your child grows and changes, so do taste preferences. Keep offering vegetables and fruits, even if they did not like them in the past.

You might be surprised!



#### ORGANIC BLACKBERRIES



Want to help keep your kids' minds sharp, their bones strong, and prevent chronic diseases? The benefits of blueberries are amazing!

A blueberry's sweet taste may make your little ones pop them in one-by-one like candy. But they have SO many more benefits! Blackberries are known for their high antioxidant levels, they are a good source of vitamin C and are high in manganese. They're also packed with dietary fiber. One cup of blueberries has 4 grams of fiber.

Try them in June!