



MAY  
2023

## LARRY'S TIDBITS

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

### this month



YAY!!!  
Can't wait to  
celebrate  
them

#### 5/5 SCHOOL LUNCH HERO DAY

A national celebration that empowers students to harness the power of their creativity to express gratitude for all of the hard work being done in our school cafeterias!

#### 5/16 NATIONAL DO SOMETHING GOOD FOR YOUR NEIGHBOR DAY

- Take their garbage bin to the curb on garbage day.
- Offer to weed a flower bed.
- When running errands, ask if there's anything a neighbor needs.
- Invite them over for a cup of tea or coffee. Visits are always nice

#### 5/29 MEMORIAL DAY

Last Monday of May we honor the men and women who died while serving in the U.S. military. In memory Never forgotten!



What type of table can you eat?  
A Vegetable (vege-table)



a little laugh



### may menu HIGHLIGHTS

Our Bean & Cheese Pupusa is back! Try it May 1st.

Join us for our May the 4th Be With You Celebration & enjoy Jedi Space Nuggets, Ob-wan Cornobi and a Wookie Cookie!

Don't miss our yogurt parfait on 5/12 & 5/19 featuring our certified organic juicy Blackberries.



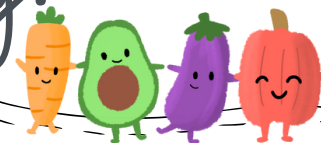
#### HIRING SUBSTITUTES

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



EDJOIN.ORG

move in may!



May is National Physical Fitness & Sports Month. Being active can improve kids' sleep and reduce symptoms of anxiety. Sports can help kids build confidence and grow into healthy, active adults. Encourage your kids and teens to get at least 60 minutes of physical activity each day. Celebrate National Physical Fitness & Sports Month by getting active, #MoveInMay and learn more about the benefits of physical activity:  
<https://go.usa.gov/xA6h5>

### PRODUCE

#### spotlight



#### FRESH LOCAL STRAWBERRIES

Strawberries are found year-round in grocery stores, seasonally at the local farmers' market, or in the summer at many local farms.

- Strawberries are a good source of vitamin C, manganese, folate, potassium, and antioxidants.
- They are very low in calories, providing only 28 calories, 6.5 g of carbohydrates, and 2 grams of fiber for 1/2 cup of sliced berries.

Sample Farm Fresh Strawberries on 5/10 & 5/24