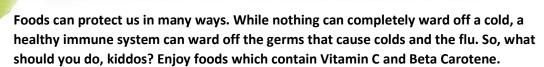
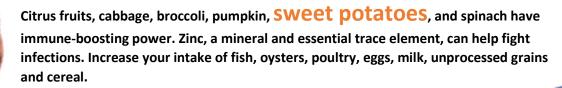




with Toni Bowman





Our diets should also include probiotics—healthy bacteria for your body, which too protects your immune system. Try yogurt, kefir, or a probiotic dietary supplement.



**Vegetable of the Month** 



Fruit of the Month

Thank You Ham Farm Thank You Blueberry Bill



Happy National Nutrition Month, kiddos! Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. It focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Don't forget to submit a recipe in **Pomptonian's Healthy School Lunch** 

Challenge, which is in honor of National Nutrition Month. Instructions can be found in the cafeteria, as well as on Pomptonian's social media handles.

National Nutrition Month® 2020

## Word Search for Kids

Words may be horizontal, vertical or diagonal.



1. Apple	
2. Breakfast	

- Cheese Dates
- 5. Eggplant
- 6. Flour tortilla
- 7. Garden
- 8. Lunchbox
- 9. Mango
- Noodles 11. Olive
- Pork chops
- 13. Radish
- Strawberry
- Turkey
- Vegetables
- Water
- 18. Yellow squash



