

Dear Teachers,

Just as you do, we want to help our children get and stay healthy. In our school cafeteria, we offer at least one serving of fruit or juice at breakfast and two servings of fruits and/or vegetables at lunch daily.

If you are teaching your students about the parts of plants, the cafeteria can serve as a natural learning laboratory. These are some of the plant parts we might serve as part of our meals:

-  **Roots:** carrots, turnips, beets, radishes, and onions
-  **Stems:** celery and asparagus
-  **Leaves:** spinach, cabbage, and lettuce
-  **Fruits:** apples, oranges, pears, plums, strawberries, tomatoes, cucumbers, squash and melons
-  **Flowers:** broccoli and cauliflower
-  **Seeds:** corn, peas, dry beans, oats, and nuts

Source: USDA *Team Nutrition* information for parents,  
<http://www.fns.usda.gov/tn/Parents/roots.html>

Please let us know if we can highlight any of these menu items during the time you will be teaching about them. Or, we may be able to supply samples to your classroom.

We are pleased to collaborate with you to work toward the goal of healthy children by providing healthy, colorful and tasty meals.

From,

Your School Foodservice Team

This document and more information can be found at:  
<http://www.dpi.state.nd.us/child/train/fvgalore.shtm>