

Throughout March, the Duval County Public Schools Nutrition Department focused on celebrating National Nutrition Month and National School Breakfast Week. Highlights from the month include:

National Nutrition Month

- **Coloring Contest**

We invited elementary students to participate in our National Nutrition Month coloring contest by drawing their favorite sustainably sourced dish or decorating our MyPlate coloring sheet to show us how they eat a balanced meal. The winning entry from each school will receive a \$25 Amazon gift card. Winners will be announced the first week of April.

- **Social Media**

- **Ask a Dietitian** – We encouraged the DCPS community to submit general questions about nutrition and wellness to our "Ask a Dietitian" webpage (bit.ly/DCPSdietitian) for our team of dietitians to answer.
- **#Wellness Wednesday** – Each Wednesday in March was dedicated to providing nutrition education via social media with #WellnessWednesdays.
- **Informational Videos** – Registered dietitians shared information on how to eat sustainably by choosing healthful foods for the environment and your body.

National School Breakfast Week

We celebrated on March 7 with a special themed Lucky Lunch Day. Students were encouraged to choose school lunch that day for a chance to win prizes. We had over 600 winners take home fun prizes and two very lucky winners received the grand prize – a new scooter.

Student Choice

After winning the popular student vote in November, Bold City BBQ made its debut on high school menus this month. Relish the flavors with these BBQ-inspired entrees including:

- BBQ Hamburger on Garlic Toast
- Char-Grilled BBQ Chicken Drumstick with Rice Pilaf
- Roadhouse Beef Quesadilla

Mood Boost

This month we featured the Strong Moodie on elementary menus and highlighted foods, like our Cuban beans and rice bowl, that help build strong bones and muscles.