



KID'S KORNER

Seminole I.S.D. Food Service

Do Your Children Know Where Food Comes From?

Let's Celebrate National Garden Month

You might be surprised to learn where your kids think their food comes from! A recent study found that more than half of middle-schoolers interviewed didn't know that onions and lettuce were plants, or pickles were cucumbers. April is National Garden Month, which is a great time to get kids excited about how fruits and vegetables find their way from the farm to the plate. Here are some family activities you can enjoy this month.

Create a Window Box Salad Garden

Creating a Window Box Salad Garden with your child is a fun and tasty project. Find a planter at least 8 inches deep. If it has

Check out this Month's menu: <http://seminoleisd.nutrislice.com/menu/>

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