

Dear Parents,

March 16th is a Single Session school day; there will be no lunch service. There will be no school on Friday, March 25th for Good Friday.

Kids who eat vegetables and fruits on a regular basis have a higher level of concentration, as compared with kids who do not regularly eat the same. Eating fruits and vegetables as snacks in between meals will keep your kids feeling full, preventing hunger pangs. Feeling hungry often triggers irritability and also interferes with concentration and memory.

This month's Fruit and Vegetable of the Month are oranges and celery. **Oranges** are juicy and sweet and renowned for their concentration of vitamin C. Vitamin C, which is also vital for the proper function of a healthy immune system, is good for preventing colds and may be helpful in preventing recurrent ear infections. In addition to oranges' phytonutrients, vitamin C, and fiber, they are a good source of thiamin, folate, vitamin A (in the form of beta-carotene), potassium and calcium. **Celery** is an important food source of conventional antioxidant nutrients, including vitamin C, beta-carotene, and manganese. But its "claim to fame" in terms of antioxidant nutrients may very well be its phytonutrients. Many of these phytonutrients have been shown to provide anti-inflammatory benefits.

Pomptonian is pleased to be Summit's food service provider, and we appreciate your comments and suggestions. You can reach us at Pomptonian@summit.k12.nj.us.

