

# Harvest of the Month



Growing Healthy Students

Botanical name: *Lactuca sativa*



**SALAD GREENS** | June

## Salad Greens Fun

Take a trip to the salad bar.

- How many different types of lettuce did you find?
- What did the different lettuce look like? Was it dark or light green? Curly or flat? Jagged or round edges?
- What is your favorite vegetable at the salad bar? What is your favorite fruit?

# June

|    |  |  |   |  |
|----|--|--|---|--|
|    | 1<br>GRILLED CHEESE SANDWICH<br>POTATO CHIPS<br>SLICED PEARS | 2<br>BEAN & CHEESE BURRITO<br>ROSY APPLESAUCE<br>CHOCOLATE CHIP COOKIE | 3<br>MINI CORN DOGS<br>SLICED PEACHES<br>COOKIE | 4<br>CHICKEN NUGGETS<br>BBQ SAUCE<br>MIXED FRUIT<br>ICEE PUSH UP |
| 7  | 8  | 9  | 10  | 11   |
| 14 | 15   | 16   | 17  | 18   |
| 21 | 22   | 23   | 24  | 25   |
| 28 | 29   | 30   |   |  |