



March 2024



Build-Your-Own Cottage Cheese Bowl

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



What's in Season: March

Chives
Mushrooms
Horseradish
Sprouts



Featured Produce: Cucumbers

Peak Season: Summer

Selection: Pick firm cucumbers with dark green color

How to Prepare: Add to salads, make a tzatziki sauce, or serve slices for a snack

Storage: Refrigerate cucumbers for up to 1 week



National School Breakfast Week

March 4th-8th is National School Breakfast Week! This week focuses on the importance of students starting their mornings right with healthy choices to fuel them for a day of learning. Visit the Celebrate Your Plate recipe page to find healthy breakfasts your kids will love!