

## COMING UP...

**2/22- MARCH ORDERS DUE!**

**3/01- NO SCHOOL**

**3/8- COOKIE DAY!** Bring \$2.00

**3/15- COOKIE DAY!** Bring \$2.00

**3/20-3/21- NO SCHOOL**

Parent-Teacher Conferences

**3/21- APRIL ORDERS DUE!**

**3/22-4/2- SPRING BREAK**

# LUNCHROOM LETTER

**MARCH 2024**



**WELCOME,  
NEW STAFF!**



## ORDER UP!

March lunch orders are  
**DUE THURSDAY, 2/22.**

**ORDER**

**VOLUNTEER**



**Jen Hess  
Kevin Luna  
Asisa Ikeda**

**FOLLOW US ON INSTAGRAM!**

**@fhics\_lunch**

# THIS MONTH

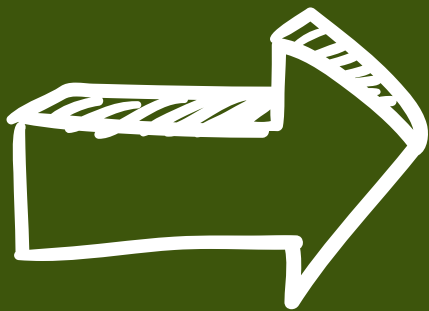
## MARCH COOKIES

**Funfetti**- Chewy sugar cookie with **dye-free** rainbow sprinkles! Cookies can be pre-ordered OR purchased with cash for \$2 after lunch on Fridays for grades 3-8.

**Grades K-2nd MUST PRE-ORDER.**

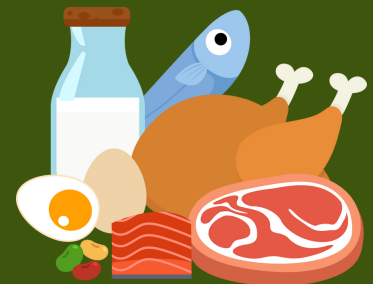


## HANGRY KID?



**(Fat + Fiber + Protein)  
are the solution!**

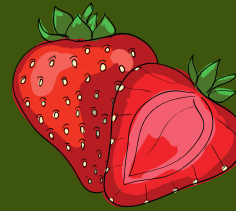
All food provides energy, but some forms burn up quickly (energy crash), while others are slow and steady. When combined, fat, fiber, and protein provide lasting energy and stable blood sugar. See below for some tasty combinations!



**KEEP READING FOR SNACK IDEAS!**

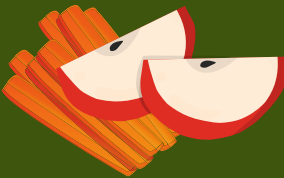
# FILLING SNACKS

**GREEK YOGURT**  
FAT + PROTEIN



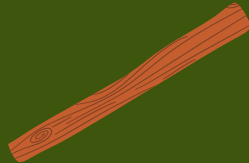
**BERRIES**  
FIBER

**CARROTS/ APPLES**  
FIBER



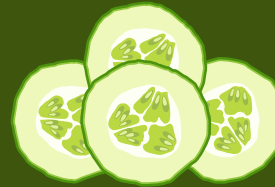
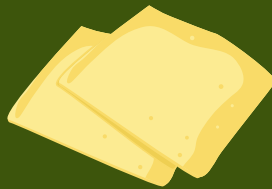
**NUT/SEED BUTTER**  
FAT + PROTEIN

**MEAT STICK/JERKY**  
FAT + PROTEIN



**FRESH FRUIT**  
FIBER

**CHEESE**  
FAT + PROTEIN



**FRESH VEGGIES**  
FIBER

**HUMMUS**  
FIBER + PROTEIN



**OLIVES + CRACKERS**  
FAT + FIBER

**QUESTIONS, CONCERNS, OR SUGGESTIONS?**  
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