



Hello Carson City! March was another great month for us in the district. We'd love to share some of the cool things that happened...

- We held some Discovery Kitchen events at our Middle Schools
- We celebrated St. Patrick's Day with a lucky tray day at our elementary schools
- It was national school breakfast week from March 4<sup>th</sup> to the 8<sup>th</sup>
- Pioneer Academy had their first Student Choice event

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We want to hear from you....Click the link or scan the code to take a quick survey and let us know what you think.



**[CLICK HERE TO TAKE A SHORT SURVEY](#)**

**QUICK LINKS:**

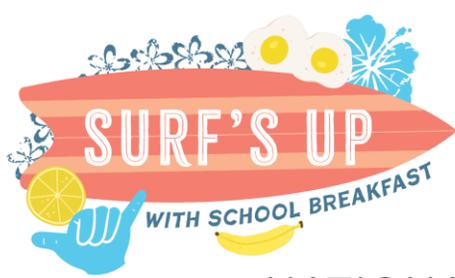
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## NATIONAL SCHOOL BREAKFAST WEEK

The first week of March we recognized National School Breakfast Week. The School Breakfast Program began as a pilot project in 1966 and was made permanent in 1975. By encouraging students to participate in school breakfast we help them to have a great start to their day.

Did you know research has shown that children who eat breakfast are more likely to...

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

Also....

- Students who participate in school breakfast tend to have better attendance rates and fewer behavioral problems
- The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day
- These breakfasts tend to be more nutritious than the average breakfast a child gets from home or a convenient fast-food restaurant

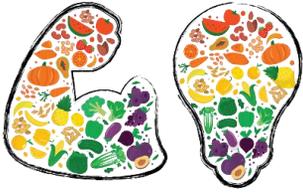
To celebrate St. Patrick's Day our elementary schools hosted a Lucky Tray Day on Friday the 15<sup>th</sup> at lunch. One lucky student in each grade level got a lucky tray and received some themed goodies to take home!



Goodie Bags from Empire Elementary



**Carson City**  
School District



plant power

This month's theme was Plant Power, we highlighted the benefits provided by consuming fruits, vegetables and other plant-based sources of nutrition. Students at Carson Middle and Eagle Valley Middle schools were treated to a delicious option of Black Bean & Corn Nachos topped with a fresh pico de gallo salsa.



Black Bean and Corn Nachos at Eagle Valley Middle School

## Try it at home

### Ingredients:

- 1 cup Kernal Corn
- 1 tbsp Diced Red Bell Pepper
- 1 tbsp Diced Green Bell Pepper
- 1 tbsp Lime Juice
- 1 tbsp Canola Oil
- 1/2 tsp Cumin
- 1/8 tsp Kosher Salt
- 1/8 tsp Black Pepper
- 1 cup Canned Black Beans
- 8 oz. Tortilla Chips
- 1 oz. Nacho Cheese

### Pico De Gallo

- 3 oz. Diced Tomato
- .5 oz. Diced Onion
- .25 oz. Chopped Jalapenos
- 1 tsp. Lime Juice
- 2 tso, Chopped Cilantro
- Pinch Kosher Salt

### Method:

1. In a bowl, combine corn, bell peppers, lime juice, oil, seasonings, and black beans. Mix together.
2. Place mixture on a sheet tray and roast at 350 degrees for 20 minutes or until corn is roasted
3. Warm your choice of nacho cheese and top chips with cheese, black bean and corn mixture. Top off with fresh pico

Discovery  
KITCHEN



Students at Pioneer Academy reached out to us about their menu options, so we took it as an opportunity to enhance their menus and give them a voice in their options. We set up a sampling of two possible menu additions and allowed the students to vote on which item they preferred. The choices were a Buffalo Chicken Mac & Cheese or a BBQ Bacon Chicken Patty Sandwich, when the voting is finally tallied, the winning option will go into the menu rotation for the students to enjoy.

# STUDENT CHOICE

FOOD YOUR WAY



A student telling their classmate how good the Mac & Cheese was, "This is fire!"



Buffalo Chicken Mac & Cheese



BBQ Bacon Chicken Patty Sandwich



A quick look before the students were able to sample the new items



Pioneer Students were excited to try some new items!