



March Fun Facts

Palmyra Eagle Area Schools



Monday

Tuesday

Wednesday

Thursday

Friday

			<p>1</p> <p>A cow can produce 6 gallons of milk a day! Have some milk with your lunch today.</p>	<p>2</p> <p>Did you know that tomatoes are rich in lycopene, an antioxidant that is good for your heart? They are also packed with vitamins A & C, calcium and potassium. Have some with your lunch today.</p>
<p>5</p> <p>Today we have pineapple on the menu. Did you know that pineapples are berries, just like strawberries and blueberries?</p>	<p>6</p> <p>Q: Why was the bird nervous after lunch? A: He had butterflies in his stomach!</p>	<p>7</p> <p>Tomatoes are eaten in many different ways-raw like a fruit, as an ingredient in sauces, salsa and salads, and processed into ketchup and tomato soup. Today you can have chopped tomatoes & salsa on your fajita.</p>	<p>8</p> <p>Q: What do you get when you cross a dog and a daisy? A: A collie-flower. We have cauliflower on the menu today- the vegetable – not the dog.</p>	<p>9</p> <p>The steamed carrots at lunch today will be orange, but did you know that carrots can also be purple, red, white and yellow?</p>
<p>12</p> <p>It is recommended that you eat 5 servings of fruit and vegetables each day. There are four servings available at lunch today: tater tots, baked beans, cherry tomatoes and a fruit cup.</p>	<p>13</p> <p>Chicken Alfredo is on the menu today. Did you know that chickens can run 9 miles per hour?</p>	<p>14</p> <p>Q: Why shouldn't you tell secrets on the farm? A: Because the corn has ears, the potatoes have eyes and the beanstalk. Potatoes and beans for lunch today!</p>	<p>15</p> <p>Did you know that a butterfly's taste buds are in its feet? We'd all look pretty funny eating our mashed potatoes today with our feet!</p>	<p>16</p> <p>Q: What do you get if a cow is in an earthquake? A: A milkshake! Have some milk with your lunch today.</p>
<p>19</p> <p>Q: When is an apple not an apple? A: When it's a pineapple! Have some pineapple with your lunch today.</p>	<p>20</p> <p>There are about 11 million cows in America. They will make about 57.5 billion gallons of milk in a year. How much milk do you drink in a year?</p>	<p>21</p> <p>Today purple grapes are on the menu. Did you know that grapes also come in other colors including red, black, pink and yellow?</p>	<p>22</p> <p>Today we have raisins on the menu. Did you know that raisins are dried grapes?</p>	<p>23</p> <p>Q: What do you get when you cross a fish and a kitten? A: A purr-anha Fish for lunch today!</p>