



HAVE YOU TRIED EVERY COLOR OF THE RAINBOW?

In celebration of National Nutrition Month, a “rainbow colored” offering bar will be available during lunch throughout the month of March.

Each day will feature 8 different fruits and veggies representing a different color of the rainbow

Students are encouraged to try all 36 colorful choices!

Here's what you do:

- 1) Get a form. Pick one up in the cafeteria, or download one at www.4j.lane.edu/nutrition/events
- 2) Draw an “x” through each fruit or vegetable you try.
- 3) When you’ve tried everything on your sheet, fill out the bottom and hand in to cafeteria worker
- 4) We’ll have a drawing and give a cool prize to TWENTY students who turn in completed sheets!

