#### LUNCH BITES

## Where is Away?

Have you ever wondered where your trash ends up when it gets picked up at your curb? Join us as we go to Knott Landfill in Bend, Oregon to learn about trash and our recycling center!

### Hey Kids!

Check out this video to go on a virtual field trip to our community landfill >>>>>>>



(Open the camera on your iPad and hold over QR code)

I was going to tell you a joke about paper, but it was just tear-ible!





Bend-La Pine Schools is an equal opportunity provider.



#### **LUNCH BITES**

### It's All About the Beets!

Did you know that a beet is a root vegetable? What is a root vegetable? Root veggies are the roots of plants that we eat! Because root vegetables grow under ground they absorb a lot of nutrients from the soil. Beets come in colors ranging from golden yellow to dark purple.

## Hey Kids!

(Open the camera on your iPad and hold over QR code)





DROPS



Why did the vegetable band break up? They couldn't keep the beet!





#### LUNCH BITES

## January is National Meat Month

Bend-La Pine Schools purchases meat from Oregon's own Painted Hills Ranch located in Fossil. Meat is one source that provides protein and other nutrients for our bodies. Your muscles, organs and immune system are all made of mostly protein. It is recommended that we eat some type of protein everyday to nourish our bodies.

#### Hey Kids!

### Learn how to make a hamburger.

Check out this video >>>>>>



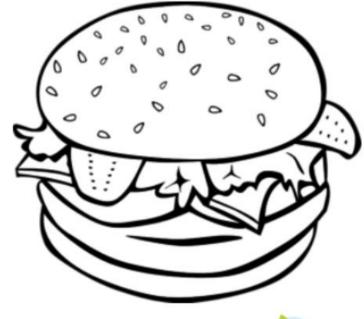
(Open the camera on your iPad and hold over QR code)





### What is a snowperson's favorite lunch? An iceberger!

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of the environmental center &

## LUNCH BITES Winter Fun Facts

- The first day of winter is called the Winter Solstice which occurs every December 21st or 22nd in the United States.
- Winter daylight hours are shorter and nighttime hours are longer with the Winter Solstice marking the shortest day of the year, and the longest night of the year.
- Most plants stop growing in the winter, and many animals hibernate during winter and emerge in the spring.

Check out this video with more fun facts about winter>>>>>>>>>

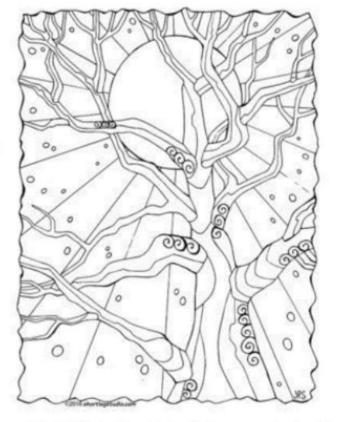


(Open the camera on your iPad and hold over QR code)





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What falls in the winter but never gets hurt? Snow!

## Bocadillos para el almuerzo





Las escuelas de Bend-La Pine es un proveedor de igualdad de oportunidades.



# Bocadillos para el almuerzo

## ¡Se trata de la remolacha!

Hola niños, miren este video sobre las remolachas cultivadas en Oregon >>>>



(Abra la cámara en su iPad y mentenga presionado el código QR)





garden for every school an education program

# Bocadillos para el almuerzo

# Hamburguesa

## ¡Hey niños!

Mira este video >>>>



(Abra la cámara en su iPad y mentenga presionado el código QR)







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# Bocadillos para el almuerzo

## Invierno

Mira este video >>>>



(Abra la cámara en su iPad y mentenga presionado el código QR)

