

LUNCH BITES

Salad Greens

Lettuce is the most well known salad green and is renowned for its mild, sometimes even sweet flavor that goes well with just about anything. Lettuce grows in all shapes and sizes, but generally falls into one of two categories: head lettuce or loose-leaf lettuce. Some of the most nutritious greens include spinach, kale, romaine, watercress, and arugula.



FUN FACT! The darker the color of the leafy greens, the more nutritious they are!

Learn more about Oregon grown leafy greens.

Check out this video>>>

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



**What did Bacon say to Tomato?
Lettuce get together!**

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LUNCH BITES

Don't Throw Away Your Peels!

Many foods have peels that we might be tempted to throw away. Orange, potato, pineapple peels, and watermelon rinds are all types of peels that you can save and reuse! The next time you eat an orange at lunch, don't throw away your peels!

Reuse them in your meals for extra flavor!

Hey Kids! Learn more ways to use peels.

Check out this video>>>



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



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**Why was the painting of the tangerine worthless?
It wasn't an ORANGEinal!**

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LUNCH BITES

What Is A Carbon Footprint?

All animals, including us humans, release carbon dioxide into the atmosphere based on their everyday actions. Animals and plants are connected to each other by the oxygen-carbon dioxide cycle. Plants need the carbon dioxide from animals to live and animals must have the oxygen from plants to survive.

Hey Kids! Watch this video as two helpful teachers explain in more detail this relationship between humans and the environment and what a carbon footprint is!

Check out this video>>>>



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



**Why didn't the mom have a carbon footprint?
Because she drove everywhere!**

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LUNCH BITES

What season of the year are we in right now?
What are some of your favorite things to do during this season? Want to learn some fun facts about this season?

Check out this video>>>>>



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



How do fall leaves get from place to place?

Autumn-mobiles!

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Color the trees and words for each season.



BOCADILLOS PARA EL ALMUERZO

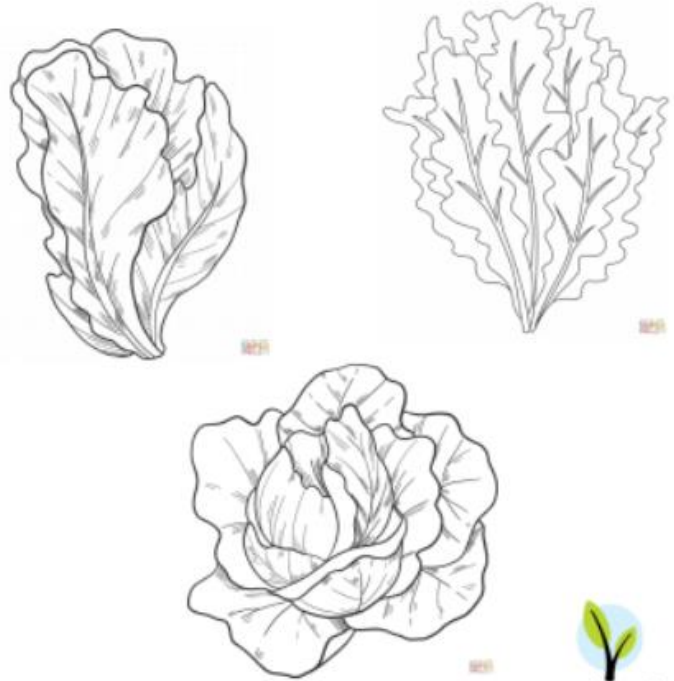
Ensalada

¡Hey niñas!

Eche un vistazo a este video sobre los cultivos de Oregon >>>



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



Las escuelas de Bend-la Pine son un proveedor que ofrecen igualdad de oportunidades.



BOCADILLOS PARA EL ALMUERZO

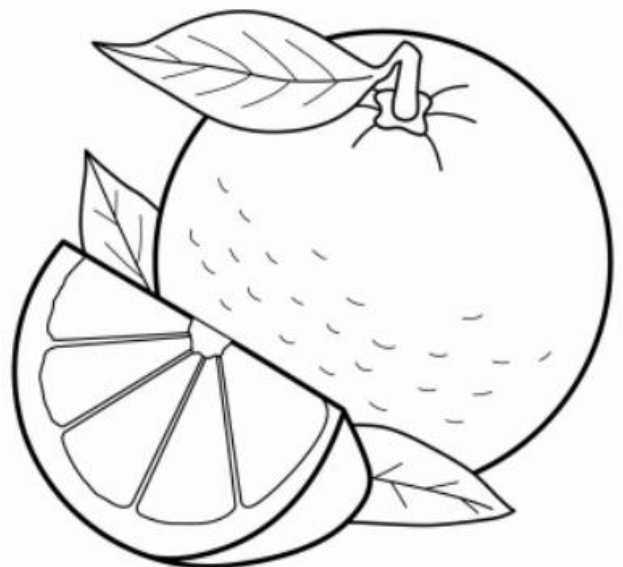
¿Qué hacer con la cáscara de los alimentos?/
Beneficios de las cáscaras de frutas y verduras

¡Hey niños!

Mira este video >>>>>



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



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BOCADILLOS PARA EL ALMUERZO

¿Qué es la Huella de Carbono?

¡Hey niños!

Mira este video >>>>>



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



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Bocadillos para el almuerzo

LAS CUATRO ESTACIONES



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



la primavera



el verano



el otoño



el invierno

¿Cómo llegan las hojas de otoño de un lugar a otro?
Otoño-móviles



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