

**HARVEST  
OF THE MONTH**

**MARCH**

**GRAINS**

**EXCELLENT  
SOURCE  
OF VITAMIN B**

**HIGH IN FIBER**



**HARVEST OF THE MONTH**

The Harvest of the Month program features a local and seasonal produce item on school menus each month. Now you can celebrate Harvest of the Month community-wide! Look for the harvest item at local grocery stores, restaurants and farmers markets to Eat Local First all year long!

