

Dear Parents and Guardians,

As we approach the end of the school year, we are excited to share our May menu with you, featuring the nutritious and delicious Massachusetts Harvest of the Month: Seafood!

Seafood is a vital part of a healthy diet, rich in essential nutrients such as omega-3 fatty acids, protein, vitamins D and B12, and minerals like zinc and iron. Locally sourced from Massachusetts waters, seafood provides numerous health benefits and supports our local fishing communities.

For more information on the benefits of seafood and recipe ideas, please visit the Massachusetts Harvest of the Month page: [Massachusetts Harvest of the Month - Seafood](#).

On the May monthly menu, showcasing various seafood dishes that highlight our commitment to providing fresh, nutritious meals: Local Haddock Fish Sticks and Sustainable Kelp Meatballs from the Gulf of Maine!

We are committed to providing fresh, locally sourced seafood to our students, supporting local fisheries, and ensuring the best nutritional quality in our meals. We encourage you to incorporate seafood into your meals at home to enjoy its many health benefits.

Thank you for your ongoing support and for trusting us with your children's nutrition and well-being. We look forward to a month filled with delicious and nutritious seafood meals!

Warm regards

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