

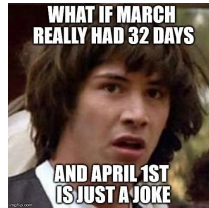


March 2025 Nutrition Nugget-

*Announcement-March 20,2025 from 5:00 -7:30 PM at CMS will be our first CCSC Community Event! Community members are invited to experience what Clarksville Schools has to offer.

Welcome to March! Spring is just around the corner. And so is Spring Break! March 24-28, 2025

HAPPY MARCH!



Featured: Spinach. [Nutrition & Health Benefits of Spinach](#)

Did You Know? The word “spinach” comes from the Persian word ispanai, which means “green hand”? It later became “spanachia” in Latin & then “spinach” in English. And the plant originated in Ancient Persia which is now Iran.

Bonus Did You Know? The consumption of spinach grew when the cartoon character Popeye the Sailor Man debuted in 1929. Elzie Crisler Segar created this spinach-eating muscle man. A 2010 study of kindergarteners conducted in Ontario, Canada, found children ate more vegetables, including spinach, after watching Popeye. According to the study, which included tasting parties, “The spinach had to be combined with stories of giant muscles and super-strength.” Check out this link for more Spinach info: [Plant Science at the Dinner Table](#)

Click on this link for recipes and info for What’s In Season: [What's In Season For March](#)

The “bad” jokes are back-or should I say “rotten”? Hope they bring a smile even if they are corny! 🥰

- Q. What did the cupcake say to the icing? A. I’d be muffin without you!
- Q. Did you hear about the vegetarian zombie? A. It only eats grains!
- Q. What do you call an American bee? A. A USB
- Q. Do you want to hear a joke about time travel? A. Never mind, you didn’t like it.
- Q. What is Irish & sits out in the yard? A. Paddy O’Furniture!
- Q. What is a math teacher’s favorite dessert? A. Pi (in honor of Pi Day-March 14th)
- Q. Where do you learn to make banana splits? A. At sundae school.
- * I was excited to hear that Apple might start building homes. Then I realized it wouldn’t have Windows.
- * The CEO of Ikea was elected President today. He’s still assembling his Cabinet.
- * Dogs can’t operate MRI machines, but catscan.
- * There is a big Lego sale. People are lined up for blocks.

Click here for more jokes: [50 Funny Jokes for Kids](#)

And now for the Knock, Knock joke!

“Knock, Knock!”
“Who’s there?”
“Spinach”
“Spinach who?”
“Why don’t you Spinach some time with me?”

“The USDA is an equal opportunity provider and employer.”