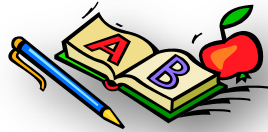




Fresh Fruit and Vegetable Menu January 2019



Elementary School
Snacks served
Mon.-Wed.-Fri.
Wilson

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
Orange Wedge		Pear Slices		Cucumber Coin
21	22	23	24	25
Holiday		Blood Orange Wedge		Yam Sticks
28	29	30	31	
Pear Slices		Kiwi Wedge		

**Recommended
Daily amount of
Fruits and
Vegetables**

Kids age 5-12

2 ½ - 5 cups per day.

*** Menu Subject to
Change**



Healthy Time to Snack:

Most children need to eat every three to four hours throughout the day to meet the MyPlate Daily Food Plan. Younger Kids need to eat three meals and two snacks a day.

This institution is an equal opportunity provider.

Just the Facts: Grapefruit

- Excellent source of Vitamin C
- California is the nation's second leader leading producer of grapefruit and citrus.
- Tulare, Riverside, Imperial and San Diego Counties produce 90% of California grapefruit.
- The Ruby Red Grapefruit was an accident.

