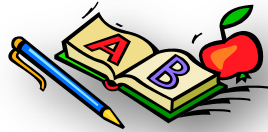




# Fresh Fruit and Vegetable Menu February 2019



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Yam Stick
4	5	6	7	8
Kiwi Wedge		Carrot Shaker (Ranch)		Pear Slices
11	12	13	14	15
Holiday		Orange Wedge		Pineapple Chunks
18	19	20	21	22
Holiday		Cucumber Coins	Kiwi Wedges	Granny Smith Apple Slices
25	26	27	28	
Orange Wedge		Pear Slices		

**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: Kiwi

- Kiwis are one of the most nutrient rich fruits
- Kiwis grow on vines that can be up to 30 ft. tall.
- Kiwis are actually berries.
- The skin of kiwis is edible. Try eating it like an apple.
- California grows 95% of Kiwis for U.S.A.

