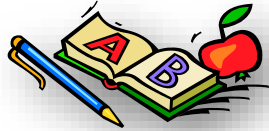




# Fresh Fruit and Vegetable Menu January 2020



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
13	14	15	16	17
Orange Wedge		Yam Stick		Grapefruit Wedge
20	21	22	23	24
Holiday		Blood Orange Wedge		Carrot Shaker-Ranch
27	28	29	30	31
Celery Sticks		Kiwi Wedge		Zucchini Sticks

Recommended  
Daily amount of  
Fruits and  
Vegetables

Kids age 5-12

2 ½ - 5 cups per day.

\* Menu Subject to  
Change

This institution is  
an equal  
opportunity  
provider.



**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.

**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.

