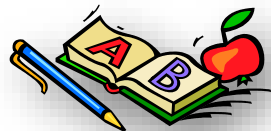




Fresh Fruit and Vegetable Menu February 2020



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

Wilson

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yam Sticks	4	5 Pear Whole	6	7 Green Apple Sliced
10 No School Lincoln's Birthday	11	12 Grapefruit Wedge	13	14 Kiwi Wedge
17 No School President's Day	18	19 Pineapple Chunks	20	21 Green Apple Sliced
24 Zucchini Coins	25	26 Grapefruit Wedge	27	28 Cantaloupe Chunks

**Recommended
Daily amount of
Fruits and
Vegetables**

Kids age 5-12

2 ½ - 5 cups per day.

*** Menu Subject to
Change**

**This 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.

