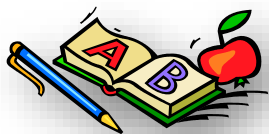




Fresh Fruit and Vegetable Menu March 2020



Elementary School
Snacks served
Mon. - Fri.
Wilson

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Yam Sticks	Honeydew Chunks	Grape Tomatoes	Grapefruit Wedge	Carrot Shaker (Ranch)
9	10	11	12	13
Zucchini Coins	Pineapple Chunks	Cucumber Coins	Kiwi Wedge	No School
16	17	18	19	20
Carrot Shakers (Ranch)	Broccoli Florets	Whole Pears	Cucumber Coins	Pineapple Chunks
23	24	25	26	27
Celery Sticks	Kiwi Wedge	Grapefruit Wedge	Jicama Sticks	Cantaloupe Chunks
30	31			
Cucumber Coins	Carrot Shakers (Ranch)			

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 leading producer of grapefruit and citrus.
-Tulare, Riverside, Imperial and San Diego Counties produce 90% of California grapefruit.
-The Ruby Red Grapefruit was accidentally discovered in 1929.

