

Fresh Fruit or Vegetable Menu

September 2016

September 5 - NO SCHOOL

September 7 - Celery



September 9 - Kiwi



September 12 - Carrot Snacks



September 14 - Banana



September 16 - Guava



Check out the FFVP
menu on Nutrislice!

Palmbeachschools.nutrislice.org



Fun Facts

- **Guava fruit** is juicy and sweet. It tastes like a combination of a pear and a strawberry.
- **Guava fruit** is considered a "super fruit" and is high in vitamin C, vitamin A, dietary fiber, potassium, and lycopene.
- **Mangos** are one of the most popular fruits in the world! More fresh mangos are eaten around the world than any other fruit!
- Giving someone a basket of **mangoes** is considered a gesture of friendship

September 19 - Pineapple



September 21 - Cucumber Slices



September 23 - Apple Slices



September 26 - Mango



September 28 - Broccoli w/ ranch cup



September 30 - Honeydew Melon



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Fresh Fruit and Vegetable Menu



October 2016



October 3 - NO SCHOOL

October 5 - Orange Smiles 

October 7 - Cantaloupe 

October 10 - Red Apple Slices 



October 12 - NO SCHOOL

October 14 - Granny Smith Apple Slices 


October 17 - Watermelon 

October 19 - Florida Cucumber 

October 21 - NO SCHOOL

October 24 - Carrot Snacks  

October 26 - Broccoli & Cauliflower Bites 
with Ranch Dressing

October 28 - Pineapple 

October 31 - Edamame 



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Fun Facts

This month features **Florida Cucumbers!**

Cucumbers are a member of the gourd family along with melons, squash, and pumpkins.

Cool as a **cucumber** isn't just a catchy phrase: the inner temperature of a cucumber can be up to 20 degrees cooler than the outside air temperature due to its high water content!

Edamame is a little bean, but a nutritional giant! It is loaded with lots of vitamins, minerals, and protein to keep your body strong!

Edamame originated in China and means "beans on a branch".

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Fresh Fruit and Vegetable Menu



November 2016



November 2 – Bartlett Pear

November 4 – *Florida* Grape Tomatoes

November 7 – Sugar Snap Peas

November 9 – *Florida* Tangelo

November 14 – Carrot Snacks

November 16 – Honeydew Melon

November 18 – *Florida* Grapefruit



November 21 – Sweet Potato Sticks with ranch dressing

November 29 – Apple Slices

November 30 – Celery & Radish Mix with ranch dressing



Fun Facts!

- A **grapefruit** is a cross between a sweet orange and a pomelo
- A normal **grapefruit tree** produces, on average, 350 pounds of grapefruit in a season! Some older trees have been known to produce up to 1,500 pounds of fruit in one season
- The first **grapefruit grove** was planted near Tampa, Florida, in 1823
- Our first president, George Washington, grew **sweet potatoes** on his farmland in Virginia
- **Sweet potatoes** are loaded with vitamins A, C, and E to help keep your body healthy
- **Sweet potatoes** are the official vegetable of North Carolina

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Fresh Fruit & Vegetable Menu

December 2016!



December 2 – *Florida Tangerine* 

December 5 – Red Grapes 

December 7 – *Florida Golden Zucchini* 

December 9 – Pineapple 

December 12 – Apple Slices 

December 14 – Multicolor Cauliflower 

(With Ranch Dressing)

December 16 – Cantaloupe 

December 19 – Mini Sweet Peppers 

December 21 – *Florida Orange Smiles* 

Did you know...

- The first **orange** tree was planted in St. Augustine, FL, in the mid 1500's
- 90% of **Florida oranges** are used for juice
- The **orange** is Florida's official state fruit and orange juice is the official beverage
- Both **oranges and tangerines** are an excellent source of Vitamin C! Vitamin C helps keep your immune system strong!
- **Tangerines** are smaller than oranges and are easy to peel
- Florida grows the most **tangerines** in the United States compared to any other state

Try it!

Winter Break December 23, 2016 – January 9, 2017

Happy Holidays!

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Fresh Fruit & Vegetable Menu

January 2017

Happy
New
Year!

January 9 – *Welcome Back!*

January 11 – Multicolored Carrots



January 13 – Blood Orange Slices



January 16 – *MLK Day (no school)*

January 18 – Baby Carrots



January 20 – Honeydew Melon



January 23 – Apple & Grape Bites



January 25 – Florida Orange Smiles



January 27 – Savoy Cabbage



(with ranch dressing)

January 30 – Jicama Sticks



(with ranch dressing)

Did you know...

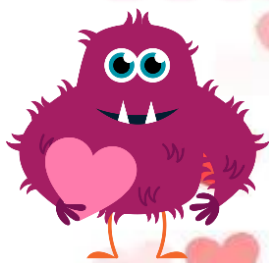
- The **blood orange** is a variety of orange with crimson, almost blood-colored flesh
- **Blood oranges** get their unique color from anthocyanin, a powerful pigment & antioxidant found in red and purple fruits and veggies
- **Blood oranges** have a sweeter flavor than other oranges, with a hint of raspberry and are full of vitamin C, fiber, folic acid, and potassium
- **Jicama** is pronounced HEE-kah-mah
- **Jicama** is a relative to the potato family and tastes like a cross between a potato and a pear – sweet and crispy!
- **Jicama** is high in vitamin C, fiber, and antioxidants to keep our body healthy

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Fresh Fruit & Vegetable Menu



February 2017



February 1 – Broccoli & Cauliflower Bites



February 3 – Florida Tangerine



February 6 – Cantaloupe



February 8 – Florida Celery & Carrot Sticks



February 10 – Pineapple



February 13 – Florida Grape Tomatoes



February 15 – Florida Strawberries



February 17 – Granny Smith Apple Slices



February 23 – Florida Bell Pepper



(with Ranch Dressing)

February 24 – Melon Mix



February 27 – Florida Grapefruit Slices

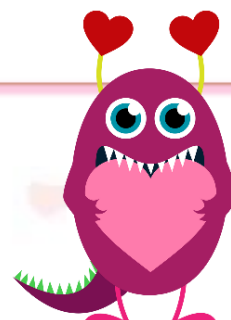


Fun Facts:

- Florida bell peppers are full of vitamin C, having even more than an orange!
- All bell peppers come from the same vine: a green bell pepper is picked before it's ripe. If it's left on the vine, it will become orange or yellow. If left on the vine it will turn red.
- Most green bell peppers sold in the U.S. are grown in Florida (even here in Palm Beach County)!
- Florida strawberries are in season from December through April
- Florida is known for being the largest producer of strawberries in winter
- Strawberries are the only fruit with seeds on the outside. On average, there are 200 tiny seeds in a strawberry



Try it!



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Fresh Fruit & Vegetable Menu

March 2017



March 1 – Sweet Potato Sticks



March 3 – Rutabaga Stick



Try it!

March 6 – Kiwi Wedge



March 8 – Honeydew Melon



March 10 – Sugar Snap Peas



March 13 – Florida Tangelo



March 15 – Florida Green Beans



March 20 – 24 - Spring Break

March 29 – Butternut Squash



March 31 – Apple & Grape Combo



Fun Facts:

- Rutabaga evolved as a cross between wild cabbage and the turnip. Its name is derived from the Swedish word “rotabagge”, meaning “round root”.
- Like other root vegetables, rutabaga has a natural sweetness that is enhanced by cooking.
- Florida green beans grown in your garden and can climb high on trellis or supports.
- Green beans only grow in the spring and summer.
- The number of seeds you find in a Florida Tangelo depends on the weather and how much the tree has been visited by bees carrying pollen from other kinds of citrus trees!
- Florida tangelo’s nickname is the Honeywell because it is very sweet and in the shape of a bell.

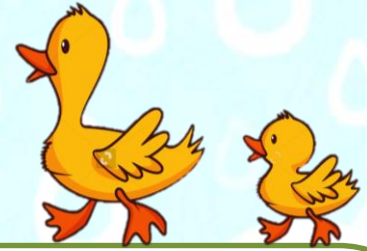
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Fresh Fruit & Vegetable Menu



April 3 – *Florida Grapefruit*



April 5 – *Edamame*



April 7 – *Florida Grape Tomatoes*



April 10 – *Apple Slices & Grapes*



April 12 – *Jicama Sticks*



April 13 – *Mango*



April 17 – *Apple Slices*



April 19 – *Florida Zucchini Coins*



April 21 – *Florida Orange Smiles*



April 24 – *Pineapple*



April 26 – *Watermelon Radish*



April 28 – *Cantaloupe*



Fun Facts:

- **Grapefruit** is an excellent source of calcium to keep your bones strong! It is also full of fiber, vitamin A, and vitamin C to keep your body healthy
- **Grapefruit** earned its unusual name because it grows on trees in clusters like a bunch of oversized grapes
- **Florida Grapefruit's** growing season is November – May each year, with the sweetest grapefruit in January – May
- **Florida's** first grapefruit grove was planted in 1823 in Tampa
- **Watermelon radishes** are root vegetables, which means they grow underground and get their nutrients from the soil
- The **watermelon radish** is also known as a “rose heart” because of its bright pink inside
- **Watermelon radishes** have a mild taste that is slightly sweet and slightly peppery
- **Watermelon radishes** are full of vitamin C for a healthy immune system and antioxidants to help fight disease

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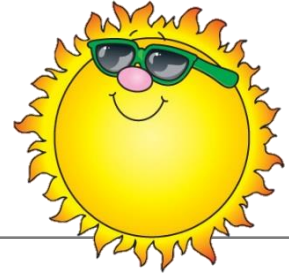
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Fresh Fruit & Vegetable Menu



May & June



May 1 – Kiwifruit 

May 3 – Baby Carrots 

May 5 – Sweet Potato Stick 

May 8 – Honeydew Melon 

May 10 – Parsnips  

May 12 – Florida Grape Tomatoes 

- **Kiwifruit** is a flowering plant that grows on vines similar to how grapes grow
- Originally called the Chinese gooseberry, it was renamed the **kiwifruit** due to similarities in appearance with the kiwi bird, the national bird of New Zealand. Both are fuzzy, brown, and round in shape.
- **Kiwifruit** contains 2 times more vitamin C than oranges! Vitamin C helps to keep our immune system strong.
- **Kiwifruit** is an excellent source of fiber to keep our digestive track healthy

- **Parsnips** are a type of root vegetable that belongs to the carrot family
- **Parsnips** look like large, white-colored carrots and has a crunchy, sweet taste
- In fact, **parsnips** are among the sweetest vegetable and they were used as a sweetener before the sugar cane industry was created in the 1800's.
- **Parsnips** are a great source of potassium to keep your heart healthy and fiber for a healthy digestive track

May 15 – Melon Mix 

May 17 – Florida Red Cabbage 

May 19 – Pineapple 

May 22 – Cantaloupe 

May 24 – Celery 

May 26 – Florida Orange Smiles 

May 30 – Multi-colored Carrots 

May 31 – Butternut Squash 

June 1 – Apple Slices 



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