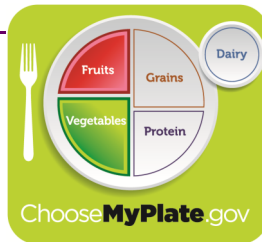


# F&V Snack Menu

## February 2018



WE ARE YOUR SCHOOLS



<b>Make half your plate fruits &amp; veggies!</b>				<b>1</b> <b>Broccoli with dip</b>	<b>2</b> <b>No School Today</b>
<b>5</b> <b>Pears</b>	<b>6</b> <b>Sugar Snap Peas with Dip</b>	<b>7</b> <b>Ruby Red Grapefruit Wedges</b>	<b>8</b> <b>Cucumber Coins with dip</b>	<b>9</b> <b>Minneola Tangelo</b>	
<b>12</b> <b>Variety Snack</b>	<b>13</b> <b>Baby Carrots with dip</b>	<b>14</b> <b>Green Apple</b>	<b>15</b> <b>Celery with Sun Butter</b>	<b>16</b> <b>Kiwi</b>	
<b>19</b> <b>Apple</b>	<b>20</b> <b>Broccoli with dip</b>	<b>21</b> <b>Grapefruit Wedges</b>	<b>22</b> <b>Cucumber Coins with dip</b>	<b>23</b> <b>Banana</b>	
<b>26</b> <b>Clementine</b>	<b>27</b> <b>Baby Carrots with dip</b>	<b>28</b> <b>Grape Giggles</b>	<b>USDA is an equal opportunity provider.</b>		

### Broccoli Fun Facts:

- Broccoli is a member of the cabbage family, making it a cruciferous vegetable.
- It's name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.
- Broccoli is very high in Vitamin C, vitamin A, and fiber.
- The average American eats over 4 pounds a year.
- California produces 90% of our nations broccoli; but China produces over 8 million tons a year making it the number 1 producer in the world.

