

F&V Snack Menu

February 2019

Make half your plate fruits & veggies!				1 Kiwi
4 Pears	5 Cucumber Coins with dip	6 Ruby Red Grapefruit Wedges	7 Sugar Snap Peas with dip	8 No School Today
11 Minneola Tangelo	12 Baby Carrots with dip	13 Apple Wedges	14 Broccoli with dip	15 Orange
18 Apple	19 Celery with Ranch dip	20 Grapefruit Wedges	21 Cucumber Coins with dip	22 Banana
25 Clementine	26 Baby Carrots with dip	27 Grape Giggles	28 Broccoli with dip	Mar 1 Kiwi

When first discovered in Barbados in the 18th century, grapefruits were given the name “forbidden fruit”. The name grapefruit originated once the plants were brought to the U.S. and noted for the grape-like way in which they grow in clusters on trees. The Ruby-Red variety shown in the picture originates in Texas and is more popular than the white and pink varieties due to its sweeter taste. Winter is the peak season for citrus fruits of all types including grapefruit .

