

Monday

Tuesday

Wednesday

Thursday

Friday



Ranch Dressing is offered with Vegetable Selections.



Strawberries!

| | | | | |
|--|------------------------------|-------------------|---|----|
| 1 | 2 Navel Orange Florida | 3 White Grapes | | |
| 6 | 7 Florida Strawberries | 8 Asparagus | 9 Blueberries | 10 |
| 13 | 14 | 15 | 16 | 17 |
| 20 No School  | 21 | 22 | 23 | 24 |
| 27 | 28 | 29 | <p>In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender (male or female), age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</p> | |
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Fun Facts

- * There are more than 600 varieties of strawberries, each with their own size, shape and color.
- * Strawberries are picked by hand because they are very fragile and bruise easily. Once they are picked, strawberries are cooled and loaded onto refrigerated trucks for delivery to supermarkets within 24 hours.
- * The peak season for fresh strawberries is between April and October.
- * Strawberries are a great source of Vitamin C, folic acid and fiber. * Just 8 strawberries provide 160% of the vitamin C you need for the whole day!