

Smart Food Choice of the Month



Eating a variety of fruits and vegetables--canned, fresh, frozen, dried or 100% fruit juice everyday can help make your body healthy & strong!

A colorful plate is a healthy plate! Eating a variety of fruits and vegetables every day provides the essential vitamins and minerals your body needs to stay

<u>MONTH</u>	<u>FEATURED FRUIT & VEGETABLE</u>
September	PURPLE/BLUE- Raisins & Berries
October	GREEN- Apples & Cucumbers
November	ORANGE- Sweet Potatoes & Peaches
December	RED- Tomatoes & Cherries
January	ORANGE- Florida Citrus
February	GREEN- Cucumbers & Broccoli
March	RED- Plant City Strawberries
April	YELLOW- Squash & Pineapples
May	RED/YELLOW- Tropical Fruit

Each Wednesday of the month we will feature a fruit and/or vegetable of the month as part of the school value meal!