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| | | | | <p>February 1</p> <p>Canceled</p> |
| <p>February 4</p> | <p>February 5</p> | <p>February 6 Orange *</p> <p>Navel oranges are named that because of the belly-button formation opposite the stem end. The bigger the navel in the orange, the sweeter it will be.</p> | <p>February 7 Cauliflower Buds</p> <p>Cauliflower is in the same plant family as broccoli, kale and cabbage. It has a compact head composed of flower buds. Cauliflower looks like a little snow-covered tree.</p> | <p>February 8 Grapefruit*</p> <p>Grapefruits are a juicy citrus fruit with a slightly sour, but pleasant taste. They are normally yellow, but some do come in pink.</p> |
| <p>February 11</p> | <p>February 12</p> | <p>February 13 Broccoli</p> <p>What looks like a tree? Is High in Vitamin C and is good for you and me?</p> <p>BROCCOLI!!!!</p> | <p>February 14 Strawberries*</p> <p>They are the Berry of Choice in the USA. They are Heart Shaped, Low in calories and a good source of vitamin C and fiber. Strawberries are a perfect Valentine Snack!!!!</p> | <p>February 15 Jicama Sticks What is jicama? It's a wonderfully juicy, sweet, and nutty tuber with a distinct crunch. It is most commonly enjoyed raw, but you can cook jicama, too. Its white flesh stays crisp when cooked briefly.</p> |
| <p>February 18</p> <p>No School</p> | <p>February 19</p> | <p>February 20 Zucchini Coins</p> <p>Squash comes in two different varieties, Summer and Winter. A popular summer squash that can eaten raw or cooked. One cup has just 18 calories and provides an excellent source of Vitamin C.</p> | <p>February 21 Minneola * Nicknamed "Honeybell" because of its bell shape. It is a cross between a tangerine and a grapefruit. Minneola are a great source of Vitamin C and folate and make a delightfully healthy snack.</p> | <p>February 22 Cucumber</p> <p>Cucumber are made up of 95% water. Snacking on cucumbers can help curb hunger</p> |
| <p>February 25</p> | <p>February 26</p> | <p>February 27 Carrots w/Dip</p> <p>Carrots are loaded with vitamin A. They are naturally sweet, delicious and crunchy. Carrots are a healthy addition to your diet.</p> | <p>February 28 Grapes</p> <p>The combination of unique texture and sweet, tart flavor has made grapes an ever popular between-meal snack as well as being refreshing. Grapes have many, many health benefits.</p> | <p>March 1 Celery</p> <p>Crunchy, crispy celery is well known for being low in calories, but benefits go far beyond use as a diet food. Celery contains useful phytonutrients, vitamins and minerals. It's a convenient on-the-go snack as well as a vegetable that can be incorporated into cooked dishes, stir-fries and salads.</p> |

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