



# February 2010 FFVP Menu

*Star International Academy*



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Apple Slices 1</b> <b>Nutrition Benefits</b> cholesterol free; high source of dietary fiber	<b>Cauliflower 2</b> <b>Nutrition Benefits</b> Cholesterol free; low calorie; high in vitamin C; good source of folate.	<b>Grapes 3</b> <b>Nutrition Benefits</b> Cholesterol free.	<b>Lettuce &amp; grape tomatoes 4</b> <b>Nutrition Benefits</b> Cholesterol free; low calorie; high in vitamin A; good source of folate high in vitamin C; good source of potassium.	<b>Strawberries 5</b> <b>Nutrition Benefits</b> Cholesterol free; high in vitamin C; high in folate.
<b>Banana 8</b> Cholesterol free; good source of fiber; good source of vitamin C; good source of potassium.	<b>Carrots 9</b> <b>Nutrition Benefits</b> Cholesterol free; excellent source of vitamin A; good source of vitamin C; low calorie.	<b>Whole Pears 10</b> <b>Nutrition Benefits</b> Cholesterol free; excellent source of dietary fiber; good source of vitamin C.	<b>Pineapple Pals 11</b> <b>Nutrition Benefits</b> Fat free; saturated fat free; very low sodium; cholesterol free; high in vitamin C.	<b>Honeydew Melon 12</b> <b>Nutrition Benefits</b> cholesterol free; high in vitamin C.
<b>15</b> <b>NO SCHOOL</b> <b>PRESIDENTS DAY</b>	<b>Orange Wedges 16</b> <b>Nutrition Benefits</b> cholesterol free; good source of dietary fiber; high in vitamin C.	<b>Cherry tomatoes 17</b> <b>Nutrition Benefits</b> cholesterol free; low calorie; high in vitamin A; high in vitamin C; good source of potassium	<b>Grapes 18</b> <b>Nutrition Benefits</b> Cholesterol free.	<b>Nutrition Lesson Sweet Potatoes 19</b> <b>Nutrition Benefits</b> good source of dietary fiber; high in vitamin A; high in vitamin C; good source of potassium
<b>Watermelon 22</b> <b>Nutrition Benefits</b> high in vitamin A; high in vitamin C.	<b>Colored Bell Pepper slices 23</b> <b>Nutrition Benefits</b> low calorie; high in vitamin C.	<b>Apple Slices 24</b> <b>Nutrition Benefits</b> cholesterol free; high source of dietary fiber	<b>Fruit Medley 25</b> <b>Nutrition Benefits</b> Cholesterol free. high in vitamin C. good source of folate.	<b>Cucumber slices 26</b> <b>Nutrition Benefits</b> low calorie; good source of vitamin C.

## School News

All the fruits and veggies served in our program are fat free, saturated fat free and very low or no sodium. In addition to those additional benefits of each fruit and vegetable served is listed.

All vegetables are served with a lite ranch dip.

\*menu is subject to change without notice due to produce availability.

