

what's fresh

FEBRUARY



KALE

- Leafy vegetable with deep green color
- Eaten cooked or raw
- High in vitamin C, which helps keep skin, blood, and bones healthy
- Grown in Virginia from May to November

COL VERDE O COL RIZADA

- Vegetal con hojas de color verde intenso
- Se come crudo o cocido
- Alto contenido en vitamina C que ayuda a mantener la piel, la sangre y los huesos sanos y saludables
- Cultivado en Virginia de mayo a noviembre

The FCPS FRESH Program (Fauquier Reaches for Excellence in School Health) has partnered with the FCPS Department of School Nutrition to bring menu items featuring fresh produce to the cafeterias! Each month, we will highlight seasonal produce on the menu, share fun facts about their nutritional value. FRESH is a program made possible with funding from the PATH Foundation.