

# what's fresh

OCTOBER



## APPLE

- 7000 varieties of apples with red, yellow, or green skin
- Sweet and crunchy
- Rich in antioxidants and fiber which aid digestion
- High in Vitamin C which boosts immunity
- Delicious raw, in salads, on sandwiches or baked
- Grown locally in Virginia from August to November

## MANZANA

- 7000 variedades de manzanas rojas, amarillas o verdes
- Dulces y crujientes
- Ricas en antioxidantes y fibra que ayudan a la digestión
- Con alto contenido de vitamina C, la cual ayuda a fortalecer el sistema inmunológico
- Deliciosas crudas, horneadas, en ensaladas o en emparedados
- Producidas en Virginia de agosto 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 and share fun facts about their nutritional value.