

what's fresh

NOVEMBER



BROCCOLI

- Green and looks like mini trees
- Eaten raw or cooked
- High in calcium and vitamin K, which help bones stay strong
- Grown in Virginia from April to November

BRÓCOLI

- Verde, en forma de mini árbol
- Se come crudo o cocido
- Alto contenido en calcio y vitamina K que ayuda al fortalecimiento de los huesos
- Cultivado en Virginia de abril 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.