



# Newburgh Enlarged City School District FRESH FRUIT & VEGGIE PROGRAM MENU



*April 2024*

WEDNESDAY 4/3

Bananas

Did you know that the Bananas are, and also are not a fruit? The Banana plant is actually an herb distantly related to the ginger plant! Bananas grow in tropical climates. The bananas grow in bunches called "hands" and the individual bananas are called "fingers".

THURSDAY 4/4

Celery Sticks

Celery is a great source of fiber and nutrients! It can be eaten raw or cooked. Celery has been cultivated as a vegetable for a very long time, even found in ancient Egyptian tombs. Celery is a leafy green vegetable. The roots, stalks, seeds and the leaves can be used to prepare everything from soups to salads!

TUESDAY 4/9

Red Grapes

A grape is a fruit. They grow on vines in clusters. They can be eaten fresh, crushed into a juice, or even dried! (that's where raisins come from!). They range in colors from dark blues, red, and green.

THURSDAY 4/11

Pepper Strips

The bell pepper is the fruit of the pepper plant. They can come in a range of colors including green, red, orange, and yellow. They are native to Central America, the Caribbean, Mexico, and South America. When red peppers are dried and ground into a powder, it becomes the spice paprika!

TUESDAY 4/16

Blueberries

Blueberries grow on shrubs and bushes. They can be found in North America, Europe and Asia. The berry is round, with a flared crown at the end. They are covered in a protective coating that naturally grows on them called "bloom". They can be eaten fresh, pureed into a smoothie, baked into pies, or dried.

All NECSD students in grades Pre-K through 5 will receive a fruit or vegetable snack daily in their classroom. Students will also learn "Fun Facts" about each item offered. Follow us on Facebook and Instagram @NewburghSchoolMeals for menus and recipes to try at home!

