



# May 2024



## FRESH FRUIT & VEGGIE PROGRAM MENU

THURSDAY 5/2

Cantaloupe Chunks

TUESDAY 5/7

Red Pepper Slices

THURSDAY 5/9

Honeydew Chunks



TUESDAY 5/14

Cucumber Coins

THURSDAY 5/16

Pineapple Chunks

WEDNESDAY 5/22

Strawberries



THURSDAY 5/23

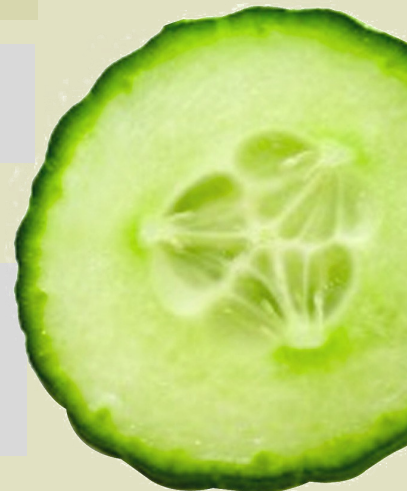
Zucchini Coins

TUESDAY 5/28

Watermelon Chunks

THURSDAY 5/30

Apple Slices



All NECS D 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!



# Newburgh Enlarged City School District

## FRESH FRUIT & VEGGIE PROGRAM MENU

### May 2024



THURSDAY 5/2

Cantaloupe

The Cantaloupe is an Armenian fruit. It is a type of melon, and related to the pumpkin! It is delicious raw, or in a salad, or for dessert! It is a great source of food energy needed to power you through your day!

THURSDAY 5/7

Red Pepper

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 5/9

Honeydew Melon

A honeydew melon has a round/slightly oval shape. The interior flesh is usually pale green. The Honeydew is mostly water (90%!) and is full of nutritious vitamins and minerals like Vitamin C and Potassium which help maintain a healthy body.

THURSDAY 5/14

Cucumber

There are three main kinds of cucumbers: slicing, pickling and seedless. The cucumber fruit originated in Asia but grows across many continents. The plant that bears it is a creeping vine with large leaves that form a canopy over the cucumber fruit.

TUESDAY 5/16

Pineapple

The Pineapple is a tropical plant that is indigenous to South America. It grows as a small shrub. The plant will flower, and the flowers join together to create a "multiple fruit". Fun fact: In the wild, pineapples are pollinated primarily by hummingbirds!



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## FRESH FRUIT & VEGGIE PROGRAM MENU

*May 2024*



THURSDAY 5/22

Strawberries

Strawberries were first bred in France, and grow in several countries. Strawberries grow on bushes, and are technically a fruit...and not a berry! What is your favorite way to eat them? Fresh on top of pancakes? In a pie? Please share!

TUESDAY 5/23

Zucchini

Zucchini is a delicious summertime squash. Its colors range from solid green, to striped, to yellow. It can be eaten raw and cooked! Cut into spirals it is a healthy substitute for spaghetti.

THURSDAY 5/28

Watermelon

Watermelon is a large edible fruit. It has a hard exterior called a "rind", and the interior flesh can range in colors from red to pink, with black seeds or sometimes seedless!

TUESDAY 5/30

Apple

Apples are round, and grow on trees. They range in color from deep reds to shades of green. There are more than 7,500 types (known as "cultivars"). The fruit is a "pome", which means it is produced by flowering plants. Pome fruits have a core that contains seeds.



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