

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

CANTALOUPE



Cantaloupe is a nutrient-dense source of carbohydrates and a rich source of vitamin C, A, and potassium.

Cantaloupe has many proven health benefits related to its antioxidant power, electrolytes, and water content. It is juicy with a sweet flavor and can help reduce blood pressure.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER