

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

DRAGON FRUIT



Dragon fruit is the fruit of a cactus. It has a light sweet taste, an intense shape and color, and has a texture of between that of a kiwi and an apple. In addition to being tasty and refreshing, it contains a lot of water and other important minerals with varied nutritional ingredients. One of the most distinguishing features of the dragon fruit is that it has tiny black seeds which are edible.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER