

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

GRAPEFRUIT



These colorful citrus fruits come in various shades, from pale yellow to rosy pink. When you take a bite, you'll experience a sweet and tart sensation that's both delicious and energizing. Packed with vitamin C, grapefruits are like nature's superheroes, helping to keep you healthy and strong. Whether you enjoy them as juicy wedges or in a tasty fruit salad, grapefruits are a fantastic way to add a zing of fun and goodness to your snack time!

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER