

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

LEMON DROP PLUMS



Lemon drop plums are a yellow lemon color that turns more red as it ripens and is at its sweetest. They are available in limited quantities from January to March. They taste sweet and are juicy. They are named lemon drop because of their shape and color. Lemon plums are an excellent source of fiber, vitamins A and C. They are eaten both cooked and raw.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER