

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# RED BANANAS



Red bananas are like a fruity surprise waiting to dazzle your taste buds! Unlike the usual yellow bananas, these little wonders have a vibrant red skin that hints at the deliciousness within. Red bananas are not just tasty; they're also packed with goodness. They're like nature's candy, providing a healthy dose of energy and important vitamins. You can enjoy them sliced on top of your morning cereal or blended into a yummy smoothie.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER