

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# STAR FRUIT



This fruit is like a magical star that you can eat. Star fruit is commonly grown in southern China, India, and the Philippines. When you cut it, you can see the cool star shape. The flavor is sweet and tangy, like a mix of apples, grapes, and citrus fruits. It is packed with vitamin C, which keeps us healthy and our skin glowing. You can eat this unique star fruit as it is or add it to fruit salads for a fun twist.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER