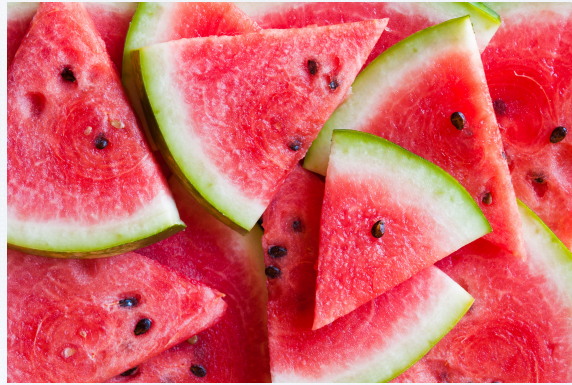


SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

WATERMELON



A watermelon is a large, oval fruit with green skin, sweet juicy pulp, and seeds. Most of them are red, but they come in other colors like orange, yellow and white. Watermelons are 92% water and related to cucumbers, squash and pumpkins. The high water and electrolyte content of watermelons make them ideal as a refreshing summer thirst quencher. They keep us hydrated, our skin fresh, and can clean the kidneys of toxins.

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