

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# ASPARAGUS



Asparagus comes in different colors like green, white, and even purple. No matter the color, they are packed with goodness. Asparagus is loaded with vitamins A, C, and K, as well as fiber, which helps keep our tummies happy. Asparagus is super versatile. You can steam them, roast them, or even grill them. Raw asparagus is good in salads because of its crunchy texture. Explore the tasty and healthy world of asparagus.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER