

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

CUCUMBERS



Cucumbers are members of the melon family and grow on long, creeping vines with fuzzy leaves. They are 96% water and great for freshening breath. They have been eaten by people for thousands of years and contain vitamins B1, B2, B3, B5 and B6, folic acid, Vitamin C, calcium, iron, magnesium, phosphorus, potassium and zinc.

Cucumbers are eaten raw but are often made into pickles.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER