

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

GOLDEN BEETS



These veggies are like sunshine, with their bright golden color and sweet, earthy flavor. They are super healthy - they're packed with vitamins and minerals that are good for our bodies.

Just like red beets, they have antioxidants that keep us strong and healthy. You can enjoy golden beets roasted, boiled, or even grated raw in salads. Look for them in the grocery store next time you are there.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER