

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM
MINI CARROTS



A baby carrot is a carrot harvested before reaching maturity. A baby-cut carrot is a small piece cut from a larger carrot. Five to six baby carrots provide 30 calories and are an excellent source of vitamins A and K, and potassium. They are good for heart health and eyesight. Crunching raw carrots help your teeth stay strong and healthy.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER