

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# ROMA TOMATOES



Roma tomatoes are small, oval-shaped, bright red, and have a deliciously tangy flavor. They have fewer seeds and thicker flesh, making them perfect for sauces, salads, and all sorts of tasty dishes. Roma tomatoes are like the superheroes of the tomato world because they're not just tasty; they're also loaded with vitamins and nutrients. So, whether you're enjoying them in a yummy pasta sauce or simply as slices in your sandwich, Roma tomatoes are a fantastic way to add a pop of flavor and healthiness to your meals!

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