

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

ROSE RADICCHIO



Radicchio is also called Italian chicory. This member of the chicory family has a vibrant color and bitter flavor. It is used as an ingredient in salads, pizzas, pastas, and more. It is very high in vitamin K. Vitamin K helps reduce the risk of several types of cancer.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER