



FRESH FRUIT & VEGETABLE PROGRAM MENU

HEALTHY SNACKS FOR SCHOLARS

The USDA has awarded funds to your child's elementary school for the Fresh Fruit and Vegetable Program (FFVP) this year. At HISD Nutrition Services, we're excited to support our young scholars by offering a variety of fresh produce snacks and teaching them about nutrition to improve their health now and in the future. FFVP encourages students to eat more fruits and veggies, including some they might not have tried before.

Here's a glimpse of the tasty produce snacks that will be served twice a week at your child's school!

BERRY PATCH

Fresh berries are a fan favorite for their sweet, tangy flavors and rich antioxidants.

- Blackberries
- Blueberries
- Strawberries



TROPICAL FARE

Exotic fruits with bold flavors, perfect for exciting students' palates.

- Kiwi Slices
- Mango Slices
- Pineapple Pieces



VEGGIE GARDEN

Crisp, crunchy, and refreshing, these veggies are ideal for a midday energy boost.

- Baby Carrots
- Celery Sticks
- English Cucumber



OLDIES BUT GOODIES

Classic fruits that never go out of style, loved by kids of all ages.

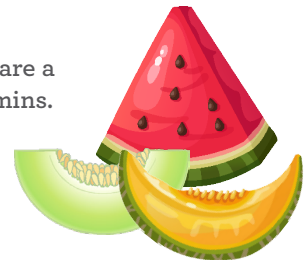
- Apple Slices
- Clementine
- Orange Slices



OFF THE VINE

Cool and hydrating, melons are a tasty treat packed with vitamins.

- Cantaloupe Melon
- Honeydew Melon
- Watermelon Wedges



At HISD, we are not only dedicated to feeding students, but also teaching them the importance of healthy eating. Students will taste and learn about various fruits and vegetables during the school year. These fruit and vegetable snacks provide essential vitamins, minerals, and energy to help students succeed both in the classroom and beyond!

Read more about this program at: <https://houstonisd.org/ffvp>

HISD | Nutrition Services
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