



FFVP J.O. WILSON MENU JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
	Granny Smith Apple	Tomatillo	Red Bartlett Pear	
11	12	13	14	15
	Swiss Chard	Sunkist Orange	Radish	
18	19	20	21	22
	Kiwi	Spinach	Papaya	
25	26	27	28	29
	Mesculin Lettuce	Tangerine	Belgium Endive	

FFVP Focus January:

Tomatillos are native to Mexico and translates to “little tomatoes” in Spanish. They have a papery covering that when removed can leave a sticky residue on the fruit – don’t worry, just wash it off! Tomatillos have a faintly tart, lemon-like essence, which is tastier when picked green than if the fruit is allowed to darken to yellow, red or even purple. They are about the size of a walnut or small lemon. Tomatillos contain 20 percent of the daily recommended value of Vitamin C and 13 percent of the vitamin K. They are a very good source of fiber, potassium and niacin.



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All Vegetables are to be served with 1 low fat dressing packet

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