



WE ♥
CRUCIFEROUS VEGETABLES



SIMPLY
GOOD

FFVP 2-DAY MENU MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
29	1	2	3	4
		Honeydew Melon Spears		Snow Peas
7	8	9	10	11
		Baby Spinach		Red Grapefruit Wheels
14	15	16	17	18
		Bok Choy Sliced		Gold Delicious Apple
21	22	23	24	25
		White Grapes		Zucchini Coins

FFVP Focus March: Bok Choy

As a member of the cabbage family Bok Choy (or “white vegetable” in Chinese) is one of the highest nutritionally ranked vegetables. It provides good, very good, or excellent amounts of 21 nutrients.

Unlike some other members of the cabbage family, it contains omega-3 fatty acids, which is beneficial for lowering inflammation, and the antioxidant zinc, which is beneficial for immune health. It is a low calorie food that also ranks highest in vitamins K (blood clotting), C (immunity) and A (cell growth).



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

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