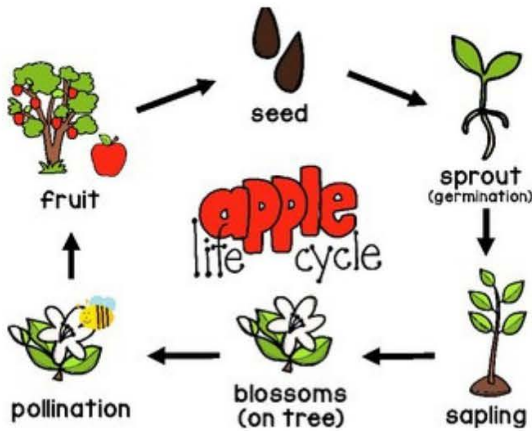


Fruits



**Eating fruit today can help
prevent being sick
tomorrow!**

Where can you find fruits on your menu?

- Fresh Local Apple Slices
- Fresh Oranges
- Fresh Pears
- Fresh Tangerines
- Fruit Cups (pineapple, peach)
- 100% Juices (orange, apple)
- Fruit and Yogurt Parfaits
- Homemade apple butter

Fruit Activity



Scan the QR code
with your phone's
camera to learn more!

Did you Know?

All fruit start off as flowers!

Our fresh apple slices featured on
the menu are grown in
Pennsylvania.

Pennsylvania is the 4th largest
producer of apples in the US.

An apple tree takes 3-5 years to
grow before apples are ready for
harvest

#YourTrayYourWay

