

WE ♥ GARDEN VEGETABLES

SIMPLY
GOOD

FFVP J.O. WILSON MENU APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
	Spring	Break	No	School
4	5	6	7	8
	Yellow Squash Coins	Blood Orange	Sliced Radish	
11	12	13	14	15
	Diced Mango	Vine Ripe Tomato	Blueberries	
18	19	20	21	22
	Arugula	Bosc Pear	Red Pepper Strips	
25	26	27	28	29
	Pineapple Cubes	Snow Peas	Clementine Oranges	

FFVP Focus April: Vine Ripe Tomato

There are more than 4,000 varieties of tomatoes ranging in size, shape, and color. Botanically, the tomato is a fruit since it develops in the ovary of the flower and has seeds. However, in 1893, the U.S. Supreme Court declared it a vegetable. Lycopene is an antioxidant pigment found in tomatoes that gives it a reddish color. Eating lycopene rich foods, like tomatoes, may decrease the risk of certain cancers and heart disease and help to keep the immune system healthy. A ½ cup of sliced tomato is about one small tomato and contains lots of vitamins C, A and other nutrients.



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

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