



FFVP 2-DAY MENU JUNE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|---------|-------------------|----------|-----------------|
| 30 | 31 | 1 | 2 | 3 |
| MEMORIAL DAY | | RED PEPPER STRIPS | | CUBED PINEAPPLE |
| 6 | 7 | 8 | 9 | 10 |
| | | DICED PAPAYA | | CUBED HONEYDEW |
| 13 | 14 | 15 | 16 | 17 |
| | | DICED MANGO | | |

FFVP Focus June: Pineapple

Christopher Columbus brought pineapples back to Europe after one of his expeditions to South America, where it is believed to have originated from. This sweet tropical fruit became known as an extravagant and exotic fruit, served only at the most lavish of banquets. Fresh pineapple is the ONLY known source of an enzyme called bromelain, which has been shown to alleviate joint pain, digestion problems and inflammation. One cup of fresh pineapple chunks provides about 82 calories, 22 grams carbohydrate, 2.3 grams of fiber, 131% of your vitamin C needs for the day, 2% of vitamin A needs, 2% of calcium and 2% of iron. Try fresh pineapple in salsa, on top of yogurt, in a salad or add to kebabs.

