



FFVP 3-DAY MENU JUNE – J.O.WILSON

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
MEMORIAL DAY	KIWI	RED PEPPER STRIPS	CUBED PINEAPPLE	
6	7	8	9	10
	FRENCH BEANS	DICED PAPAYA	CUBED HONEYDEW	
13	14	15	16	17
	TOMATILLO	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.

