



WE ♥  
CRUCIFEROUS VEGETABLES



**SIMPLY  
GOOD**

FFVP J.O. WILSON MENU MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
29	1	2	3	4
	French Beans Whole	Honeydew Melon Spears	Snow Peas	
7	8	9	10	11
	Cantaloupe Diced	Baby Spinach	Red Grapefruit Wheels	
14	15	16	17	18
	<b>Bok Choy</b> <b>Sliced</b>	Baby Fennel "Anise"	Gold Delicious Apple	
21	22	23	24	25
	Yellow Peppers	White Grapes	Zucchini Coins	

FFVP Focus February: 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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