



Newburgh Enlarged City School District FRESH FRUIT & VEGGIE PROGRAM MENU



April 2024

THURSDAY 4/18

Carrot Sticks

Carrots are root vegetables and are related to the family of plants that produces celery, parsley, anise and fennel. Carrots are high in beta-carotene, vitamins C and K. They can be eaten raw or cooked, and pureed into a tasty juice! Colors ranges include purple, black, red, white, orange and yellow.

TUESDAY 4/23

*Strawberries

Strawberries were first bred in France, and grow in several countries. Strawberries grow on bushes, and are technically a fruit...and not a berry! What is your favorite way to eat them? Fresh on top of pancakes? In a pie? Please share!

THURSDAY 4/25

Grape Tomatoes

Grape tomatoes have a variety of shapes, round and also oval. They can be very sweet like a candy. Grape tomatoes grow on tomato bushes, and can be cultivated year-round in the right conditions. The peak commercial production states are California and Florida.

TUESDAY 4/30

Pineapple Chunks

The Pineapple is a tropical plant that is indigenous to South America. It grows as a small shrub. The plant will flower, and the flowers join together to create a "multiple fruit". Fun fact: In the wild, pineapples are pollinated primarily by hummingbirds!

All NECSD students in grades Pre-K through 5 will receive a fruit or vegetable snack daily in their classroom. Students will also learn "Fun Facts" about each item offered. Follow us on Facebook and Instagram @NewburghSchoolMeals for menus and recipes to try at home!

*Strawberries will replaced the originally scheduled Pineberries

