

February

2025

Fresh Fruit and Vegetable Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Sugar Snap Peas	Cotton Candy Grapes 	Cauliflower	Pummelos 	Fabulous Friday 		
9	10	11	12	13	14	15
Portobello Mushrooms 	Granny Smith Apples 	Jicama 	Mango	1/2 Day Happy Valentine's Day 		
16	17	18	19	20	21	22
NO SCHOOL 	Radish Microgreens 	Meyer Lemons	Cherries 	We got that FRIDAY FEELING 		
23	24	25	26	27	28	
Pea Pods 	Apricots	Dragonfruit 	NATIONAL STRAWBERRY DAY 	Freshen Up Friday		

What's in Season? FEBRUARY GUIDE



Beets



Brussels Sprouts



Cabbage



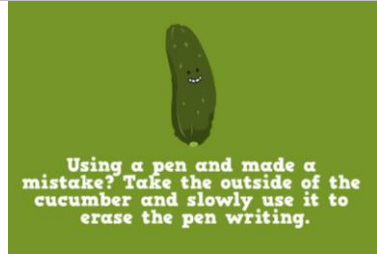
Cauliflower



Citrus Fruits



Kale



Strawberries are the only "fruit" with seeds on the outside. Because their seeds are not on the inside they are not technically a fruit—they are actually a member of the rose family.

3.5 LBS. PER YEAR



The average American eats almost 3.5 lbs. of the berry each year!



There are about **200 SEEDS** on each strawberry!

Strawberries are low in calories but **HIGH IN VITAMINS.**



75% 

California produces 75% of the strawberries grown in the U.S. That's about **2 billion pounds!**

