

what's fresh

MARCH



SPINACH

- Green, leafy vegetable
- Edible stem and leaf
- Source of potassium and magnesium that help with brain and heart health
- Grown in Virginia from April to November

ESPINACA

- Vegetal con hojas de color verde
- Hoja y tallos comestibles
- Fuente de potasio y magnesio que ayuda a mantener una buena salud cerebral y del corazón
- Cultivada en Virginia de abril a noviembre

The FCPS FRESH Program (Fauquier Reaches for Excellence in School Health) has partnered with the FCPS Department of School Nutrition to bring menu items featuring fresh produce to the cafeterias! Each month, we will highlight seasonal produce on the menu, share fun facts about their nutritional value. FRESH is a program made possible with funding from the PATH Foundation.