



# MAY 2026

## THIS MONTH'S THEME:

### Summertime Snacking!

Happy May!

With school coming to an end, we wanted to give you a super fun and colorful menu! This month, you'll sample a tropical fruit blend (with papaya, mango, and pineapple), candy cane beets, purple asparagus, and much more.

As you try your snacks this month, don't forget to think about what items you've liked the best this year and try them again at home!

Enjoy your summer break!



This week's options:

Sliced Granny Smith Apples  
Carrot & Radish Coins



4

Tropical Fruit Blend (Papaya, Mango, Pineapple)  
Sliced Yellow Peppers



11

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Grapefruit Wedges  
Candy Cane Beets



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Strawberries  
Purple Asparagus



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Summer Break!



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# GRANNY SMITH APPLES



Apples grow on trees and bloom in the spring. They are ready for harvest between August and October! Have you seen an apple tree in the fall?

## PRODUCE PARTICULARS

Apples are high in both Vitamin C and Fiber.

Americans eat more apples per capita than any other fruit. The average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce, for a total of about 44 pounds per person per year.

The top 10 varieties produced in the US are: Red Delicious, Golden Delicious, Gala, Granny Smith, Fuji, Honeycrisp, McIntosh, Rome, Cripps Pink, and Empire.



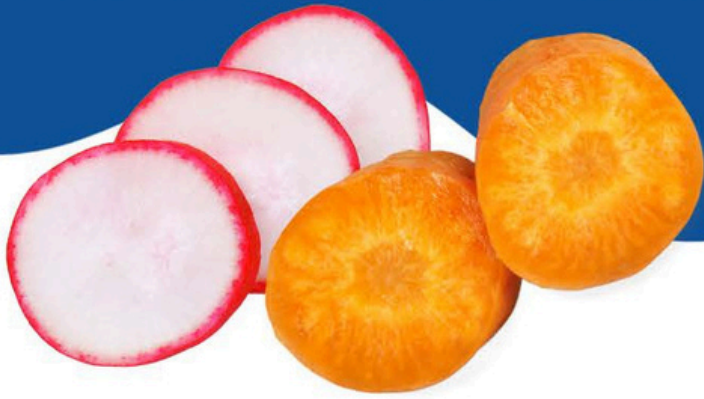
### Nutrition Facts

1 serving per container	
<b>Serving size</b>	100 g
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value *</b>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	10%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein 0g</b>	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 120mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Apples, Raw, Granny Smith, With Skin

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# CARROT & RADISH COINS



These are cut into circle, or coin shaped pieces. Do you know the names of the money coins in the US and the amount of each one?

Ex: Penny = 1 cent

## PRODUCE PARTICULARS

Carrots and radishes are both root vegetables! Other root vegetables include: potatoes, beets, parsnips, rutabagas, turnips, and sweet potatoes.



Carrots are an excellent source of vitamin A and Radishes are a good source of vitamin C and B9. Both are high in potassium. Both veggies are a good source of Vitamin K, which helps your body heal when you get a cut or scrape!

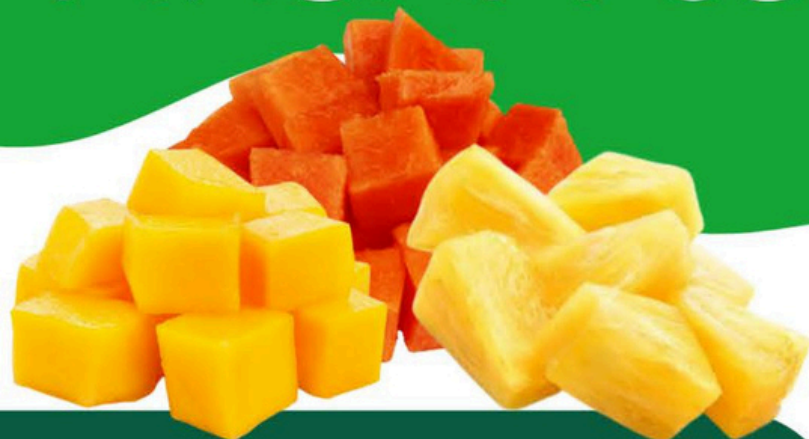


### Nutrition Facts

1 serving per container	
Serving size	100 g
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.3mg	<b>2%</b>
Potassium 280mg	<b>6%</b>
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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# PAPAYA, MANGO, PINEAPPLE BLEND



Papaya, mango, and pineapple have very different flavors. Can you describe the flavors of each fruit? How are they similar and how are they different?



## PRODUCE PARTICULARS

The papaya is a tropical fruit high in vitamins C and A and lycopene which helps keep your heart healthy and strong.

Pineapples are high in vitamin C, which supports the immune system and provides antioxidant benefits.

Mangos contain over 20 different vitamins and minerals!



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 45**

% Daily Value \*

<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 150mg	4%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Papayas, Raw, Pineapple, Raw, Traditional Varieties

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# YELLOW BELL PEPPERS



Bell peppers also come in green, orange, and red. Have you tried any other kinds of bell peppers?

## PRODUCE PARTICULARS

These peppers are low in calories and a vibrant source of Vitamins C and B6.

Green bell peppers are the same as the yellow, red and orange ones you see; they just haven't ripened all the way yet!

Florida ranks second nationally in bell pepper production, accounting for most peppers eaten in the United States.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 25**

% Daily Value \*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 210mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Peppers, Sweet, Yellow, Raw

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# GRAPEFRUIT WEDGES



Grapefruit can come in red, white, yellow and pink! Can you find something around you that is each of these colors?

## PRODUCE PARTICULARS

Grapefruit provides carbohydrates, the preferred source of fuel for your muscles and brain. Plus, their aroma promotes an uplifting, energizing feeling!



These have a water content as high as a watermelon—up to 92%, so they keep you hydrated.



Grapefruit flavor can vary from tart and sour or mildly sweet to super sweet.



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	<b>30</b>
<b>Calories</b>	
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.1mg	<b>0%</b>
Potassium 140mg	<b>2%</b>
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Calories per gram:	
Fat 9	Carbohydrate 4
Protein 4	

**FRESHEALTH**

# CANDY CANE BEETS



These fun and funky beets may look like a candy cane, but they're actually called Chioggia. It's an Italian word, pronounced k-ee-OH-g-ee-aa.

## PRODUCE PARTICULARS

Beets come in several colors—golden, white, purple, pink and even striped!



Beets are a part of the *Chenopodiaceae* family, also known as the Goosefoot family. Other members of this botanical family include spinach, Swiss chard and quinoa!



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 45**

% Daily Value \*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrate	10g	3%
Dietary Fiber	3g	10%
Total Sugars	7g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.8mg	4%
Potassium	320mg	6%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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# STRAWBERRIES



Strawberries are covered in seeds!  
Each berry has about 200 seeds on  
its surface.  
Try counting as many as you can!

## PRODUCE PARTICULARS

About eight medium strawberries can  
provide about 150% of the recommended  
daily value of Vitamin C.



The average American eats about 3.5  
pounds of fresh strawberries a year, not  
including nearly 2 pounds of frozen  
strawberries.



Strawberries are grown in every state in  
the U.S. and in every Canadian province.



### Nutrition Facts

1 serving per container		
Serving size	100 g	
<b>Amount per serving</b>		
<b>Calories</b>	<b>30</b>	
	<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	<b>0%</b>	
Saturated Fat 0g	0%	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 0mg	<b>0%</b>	
<b>Total Carbohydrate</b> 8g	<b>3%</b>	
Dietary Fiber 2g	7%	
Total Sugars 5g		
Includes 0g Added Sugars	0%	
<b>Protein</b> 1g		
Vitamin D 0mcg	0%	
Calcium 20mg	2%	
Iron 0.4mg	2%	
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# PURPLE ASPARAGUS



Asparagus has been cultivated for thousands of years, and purple asparagus is believed to have originated in the Mediterranean region.

## PRODUCE PARTICULARS

Purple asparagus is often sweeter than green asparagus because it has a higher sugar content, making it a delicious option for kids.

The spears of purple asparagus are usually more tender and less fibrous than green asparagus, which makes them easier to chew and enjoy.

The anthocyanins that give purple asparagus its color are powerful antioxidants that help protect your body's cells from damage.



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>20</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.1mg	10%
Potassium 180mg	4%

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## PRODUCE PARTICULARS

 Apples are high in both Vitamin C and Fiber.

 Americans eat more apples per capita than any other fruit. The average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce, for a total of about 44 pounds per person per year.

 The top 10 varieties produced in the US are: Red Delicious, Golden Delicious, Gala, Granny Smith, Fuji, Honeycrisp, McIntosh, Rome, Cripps Pink, and Empire.

### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
Calories 60

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	10%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 120mg	2%

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INGREDIENTS: Apples, Raw, Granny Smith, With Skin

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Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
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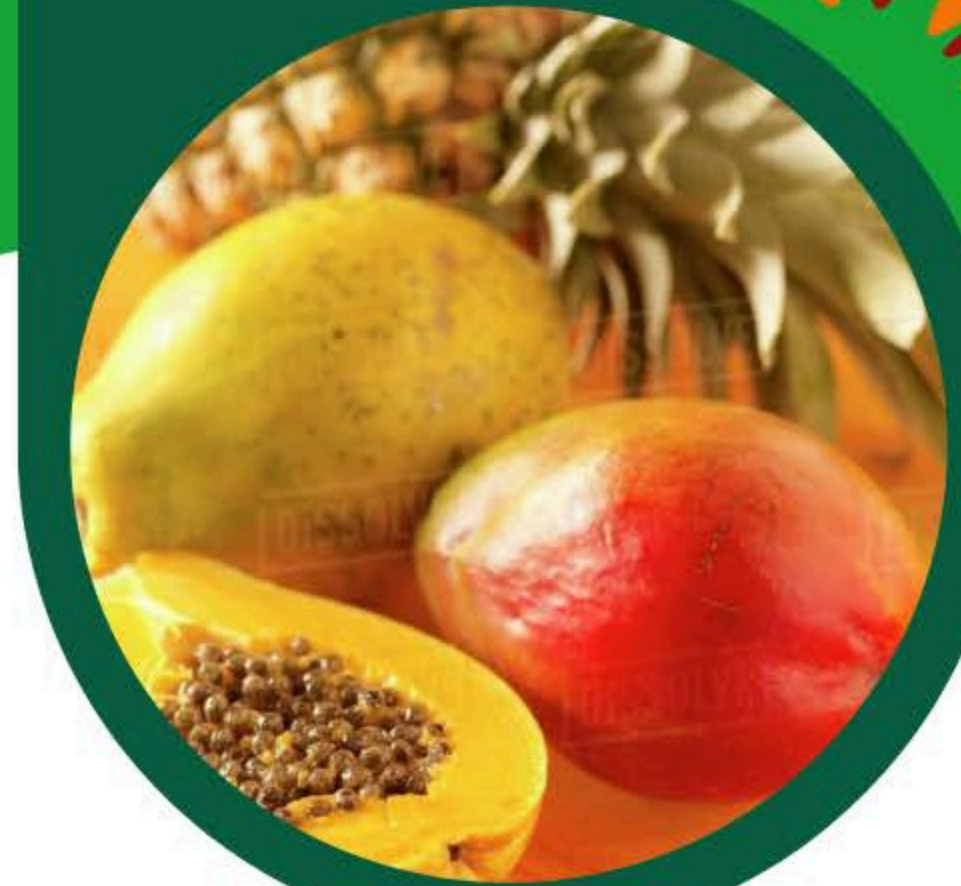
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## PRODUCE PARTICULARS



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**Calories 45**

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Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 11g 4%

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Amount per serving	
<b>Calories</b>	<b>25</b>
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
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# GRAPEFRUIT WEDGES






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## PRODUCE PARTICULARS

-  Grapefruit provides carbohydrates, the preferred source of fuel for your muscles and brain. Plus, their aroma promotes an uplifting, energizing feeling!
-  These have a water content as high as a watermelon—up to 92%, so they keep you hydrated.
-  Grapefruit flavor can vary from tart and sour or mildly sweet to super sweet.



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Trans Fat 0g

Cholesterol 0mg 0%

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Total Carbohydrate 10g 3%

Dietary Fiber 3g 10%

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# STRAWBERRIES




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## PRODUCE PARTICULARS

-  About eight medium strawberries can provide about 150% of the recommended daily value of Vitamin C.
-  The average American eats about 3.5 pounds of fresh strawberries a year, not including nearly 2 pounds of frozen strawberries.
-  Strawberries are grown in every state in the U.S. and in every Canadian province.

Nutrition Facts	
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<b>Calories</b>	<b>30</b>
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Cholesterol 0mg	0%
Sodium 0mg	0%
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Dietary Fiber 2g	7%
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### Nutrition Facts

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Amount per serving	
<b>Calories</b>	<b>20</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
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