

May 2022



M 2 NO FFVP	T 3 WHOLE MINI CUCUMBERS	W 4 BLUEBERRIES	T 5 BLACK MISSION FIGS	FUN FRIDAYS 6 BLACKBERRIES
M 9 NO FFVP	T 10 ROMANESCO FLORETS	W 11 FEIJOA WEDGE	T 12 ABATE FETEL PEAR	FUN FRIDAYS 13 PURPLE ASPARAGUS
M 16 NO FFVP	T 17 PINK PINEAPPLE	W 18 KOREAN MELON	T 19 COSMIC CRISP APPLES	FUN FRIDAYS 20 PURPLE CARROT COINS
M 23 NO FFVP	T 24 WHOLE APRICOTS	W 25 CHARENTAIS MELON CUBES	T 26 YELLOW KIWI WEDGES	FUN FRIDAYS 27 PURPLE CAULIFLOWER FLORETS
M 30 MEMORIAL DAY NO SCHOOL 	T 31 NO FFVP	<p>This institution is an equal opportunity provider. cws.mpls.k12.mn.us</p> <p>   TRUE FOOD <small>PROVIDED BY MPS CWS SVCS</small></p>		

Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change. Keep this in mind when reviewing our printed and on-line menus. For the most up to date information, visit cws.mpls.k12.mn.us.

MAY 2022 - FUN FRIDAYS!

Vibrant blue and purple fruits and vegetables get their colors from beneficial plant compounds called anthocyanins. Research suggests that anthocyanins may reduce the risk of chronic diseases like obesity and type 2 diabetes. Anthocyanins also may promote heart health, cognitive health (memory), and mood. The anthocyanins in purple asparagus set it apart from the more familiar green variety. Purple asparagus also has a nuttier flavor and is sweeter due to a higher content of natural sugar.

Black mission figs are another interesting item on this month's menu. They were first introduced to the U.S. in 1769 with the founding of Spanish missions in California. With purplish-black skin and pink flesh, figs taste like the mix between strawberry, melon, and banana. The whole fruit is edible; just hold the stem and take a bite!

Blueberries, blackberries, figs, asparagus, carrots, and cauliflower are sure to give you a healthy dose of beneficial anthocyanins! Here are some other less common items that you'll be trying this month:

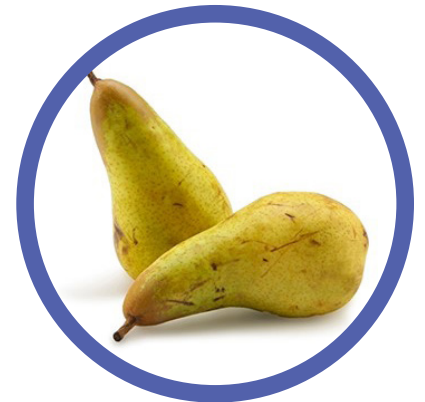


FEIJOA

(Pronounced fay-joe-ah) is originally from Brazil. This tropical fruit is related to guava. It has an inedible peel and texture like a pear, with a kiwi-like center of edible seeds.

ABATE FETEL PEAR

is a yellow-green pear with an elongated neck. This aromatic pear has semi-crisp white flesh with a velvety consistency and very sweet flavor.



KOREAN MELON

is bright yellow outside and refreshing white on the inside with sweet, mild flavor. This melon is popular in Asia because it holds up well when cooked.

APRICOTS

are fuzzy skinned with golden flesh that is super sweet. Handle with care, they may bruise easily, and look for the pit (seed)!



For more FFVP information and educational resources, visit cws.mpls.k12.mn.us/ffvp

