

2019

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MAY

			1 MELON MEDLEY	2  CARROT COINS	3 MANGO SLICES
6 KIWI SLICES	7 WATERMELON RADISH SLICES	8 PINEAPPLE	9 JICAMA STICKS	10 MELON MEDLEY	
13 CANTALOUPE	14 ORANGE PEPPER SLICES	15 ORANGE SLICES	16 CUCUMBERS	17 HONEYDEW MELON	
20 GREEN BEANS	21 PAPAYA	22 GREEN PEPPER SLICES	23 STRAWBERRIES	24 GRAPE TOMATOES	
27 NO SCHOOL	28 NO FFVP SERVED	29 RAINBOW CAULIFLOWER	30 BANANA	31 BLUEBERRIES	



MAY

Super Fruits for Super Health!

PAPAYA

(ALSO KNOWN AS PAWPAW)

Native to Mexico, papaya trees grow in tropical climates like the Caribbean and India. Papaya is a soft, juicy fruit that is pinkish orange with a sweet flavor. It has green skin outside and round black seeds inside. You can tell when a papaya is ripe because the skin will turn yellow-orange and the fruit will have a strong aroma.

Papaya is an excellent source of vitamin C and contains an enzyme called papain which helps with digestion. This **superfruit** can be used to make tropical fruit salad, fresh salsa or smoothies—all great treats for warm days!

BLUEBERRIES

Wild blueberries are one of few fruits native to North America and they grow in Minnesota! A blueberry bush has small white or pink flowers that are pollinated by bees. The fruit turns from green to blue as it ripens on the plant.

The blue color of blueberries comes from an antioxidant called anthocyanin which makes blueberries a **superfruit** for brain function and memory. Other vitamins, minerals, and antioxidants found in blueberries can help with heart health, bone strength, and skin health.

KIWIFRUIT

Kiwifruit is a brown, fuzzy, oval-shaped fruit that is the size of a large egg. On the inside you will find bright green fruit and tiny black seeds. Did you know you can eat the skin, fruit, and seeds? The fuzzy skin can feel funny in your mouth, but it's safe to eat and a good source of fiber! Kiwifruit is a **superfruit** because it contains high amounts of vitamins C and E, minerals (potassium and folate), and antioxidants.

Originally known as Chinese gooseberries, a California grocer renamed the fruit after New Zealand's national bird. Kiwifruit grows on a vine and is technically considered a berry.

