



SAISD Snack Bites

Monday 9/28

STRAWBERRIES

Strawberries are the only fruit with seeds on the outside. They are high in fiber and Vitamin

C.



Tuesday 9/29

BELL PEPPER

Bell peppers come in different colors such as red, green, yellow, and orange. They are good sources of Vitamins A and C.



Wednesday 9/30

RED BANANAS

Red bananas are shorter and chunkier than regular yellow bananas. They are an excellent source of potassium just like their yellow counterparts.



Thursday 10/1

ORANGE CAULIFLOWER

Orange cauliflower is also known as cheddar cauliflower because of its orange appearance. It is an excellent source of Vitamins A and C and Folate.



Friday 10/2

ASIAN PEARS

More than 3,000 varieties of pears are grown world-wide. Asian pears look more like apples and are crisp, juicy, and slightly sweet. They are a good source of fiber.



Nutrition Education presented by your District Dietitian, Alyssa K Garza, RDN

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