



SAISD Snack Bites

Tuesday 9/8

BLACK BEANS

Black beans are also known as turtle beans and are a great source of protein and fiber.



Wednesday 9/9

BROCCOLI

Broccoli has been around for more than 2,000 years! It is known as the "crown jewel of nutrition" because it is rich in vitamins and minerals.



Thursday 9/10

PEAR



More than 3,000 varieties of pears exist! Pears are an excellent source of Fiber and Vitamin C.

Friday 9/11

APPLES



More than 8,000 varieties of apples exist. Apples are a great source of fiber and antioxidants.

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

This institution is an equal opportunity provider.

