



SAISD CNS Recipe Secrets

CITRUS SUNRISE FRUIT SALAD

A powerful blend of:

ORANGE



Oranges are high in **Vitamin C**! **Vitamin C** helps us fight colds and supports a healthy immune system.

PINEAPPLE



Pineapple is also an excellent source of **Vitamin C**. **Vitamin C** supports a healthy immune system. Your immune system helps fight off germs.

APPLE



More than 7500 varieties of apples are grown world-wide. Apples are an excellent source of **fiber**. The **fiber** found in apples is good for your heart and helps to keep you full!

PEAR



You can find lots of different colors of pears: green, brown, yellow, and red. Pears also have **fiber** in their edible skin and provide a natural, quick source of energy for your body.



Recipe developed by your District Chef, Jimmy Villarreal

Nutrition Education presented by your District Dietitian, Dr. Jennifer Sides, RD, LD

This institution is an equal opportunity provider.