

Exciting News from the West Linn-Wilsonville School District Nutrition Services Department

FRESH, LOCAL PRODUCE IN SEASON!

We are proudly partnering with local farmers to bring fresh produce to our schools!
KIWI BERRIES WILL BE COMING SOON!
A FEW HIGHLIGHTS ARE:



Grapes are undeniably one of the world's most popular fruits! Spanish explorers brought the fruit to America about 300 years ago. There are more than 8,000 grape varieties! Grapes come in many colors, including green, red, black, yellow, pink and purple. One cup of grapes has about 100 calories and provides more than a quarter of the daily recommended values of Vitamin K and Vitamin C.



A serving of five cherry tomatoes contains only 20 calories and is a good source of Vitamin E, Thiamin, Niacin, Vitamin B6, Folate, Magnesium, Phosphorus and Copper and a very good source of dietary fiber, Vitamin A, Vitamin C, Vitamin K, Potassium, and Manganese.



Kiwi berries are the size of a grape and have a smooth hairless edible skin which can be green or brown. The juicy flesh is said to be complex, sweet and somewhat acidic.