



Child Nutrition Services

1-6-16

Harvest of the Month Announcement

**January: Kale**

The Harvest of the Month in January is KALE!

Kale is one of the healthiest vegetables on the planet! Full of fiber, calcium, vitamin B6 , K and A – and hey! Did you know Kale has more vitamin C than an orange?!

The Kale in our farm to school salad bar is sourced from a local farmer known as San Miquel, located on the Oxnard plains.

Every Thursday in January on our salad bar, you can enjoy a “SuperKale Salad with lemon dressing “ – give it a try !

