



SNOW PEAS

DID YOU KNOW?

- The Snow Pea is a green legume that is flat with very small peas inside.
- You can eat the entire Snow Pea pod, not just the peas inside!
- Snow Pea seeds are tender and sweet and the pods are crunchy.
- Snow Peas are high in calcium!

FUN FACT!

The Snow Pea became so popular in China that it was soon called the Chinese pea.



@fcsnutrition



facebook.com/fcsnutrition



FCS Mobile App: view school menus, nutrient info, and make meal payments.

Visit fcsnutrition.com for menus and more info!

