

# Five Foods for February!

## In Season Produce & Nutritional Benefits

- **Beets** their dark, rich color helps to promote circulation & healthy blood pressure
- **Brussel Sprouts** are high in Vitamin K, which is important for blood clotting
- **Oranges** are high in Vitamin C, which helps your body absorb Iron
- **Pears** are full of fiber, which supports a healthy gut
- **Sweet Potatoes** contain beta carotene, which supports eye & vision health

### Grades K-5 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich  
Cheese Pizza  
Turkey & Cheese Sandwich

### Grades 6-8 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich  
Cheese Pizza  
Turkey & Cheese Sandwich  
Grab & Go Salads (Tues - Thurs)

### Grades 9-12 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich  
Cheese Pizza  
Variety of Hot & Cold Sandwiches  
Grab & Go Salads

(Vegetarian & Vegan sandwiches & salads offered daily)



## TALK TO US

call: 781-393-2241

email: [meals@medford.k12.ma.us](mailto:meals@medford.k12.ma.us)