



ORANGE & RED GRAPE MIX

DID YOU KNOW?

- Oranges range from sweet, tart, rich, and mild and are suited for raw and cooked preparations.
- Oranges are a source of vitamins A, C, and E to strengthen the immune system, maintain healthy organs, and guard the cells against the damage caused by free radicals.
- Red Grapes are firm, crisp, and sweet with a mild, neutral flavor.
- Red Grapes are an excellent source of Vitamin C, which helps boost your immune system.
- Red Grapes are small, round berries that grow in clusters on a vine.

FUN FACT!

- Oranges are a category of fruits, botanically part of the Rutaceae or citrus family.
- Red seedless grapes are available year-round, with peak season in the summer through fall.



Visit fcsnutrition.com for menus and more info!



lindia.net