



RED GRAPES

DID YOU KNOW?

- Red Grapes are small, round berries that grow in clusters on a vine.
- Grapes come in many different colors, including white, red, black, blue, green, and golden.
- Grapes are firm, crisp, and sweet with a mild, neutral flavor.
- Grapes are an excellent source of Vitamin C, which helps boost your immune system.

FUN FACT!

There are over 8,000 Grape varieties!



Visit fcsnutrition.com for menus and more info!

