



ORANGE

DID YOU KNOW?

- Oranges are fruit from the citrus family.
- Oranges grow on trees that are planted in rows.
- Oranges provide vitamin C, fiber, potassium, phosphorus and B vitamins for the body. They also contain phytonutrients which can help fight disease.

FUN FACT!

Oranges originates around 4000 BC in Southeast Asia, and then spread into India



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

Visit **fcsnutrition.com** for menus and more info!



USDA is an equal opportunity provider, employer, and lender.