

# Here are some highlights from the Duval County Public Schools Nutrition Program for the month of November:

Fresh, Locally grown Satsumas

Each year we partner with Cherokee Satsumas, a local farm in the Florida panhandle, to serve delicious, freshly picked satsumas to the students of Duval County during the winter months. Packed with Vitamin C, this low-sugar fruit is part of the mandarin orange family, which also includes clementines and tangerines. Satsumas are identified by their smooth, lightly attached skin, known as "zipper-skin" which makes them easy to peel and a student-favorite. Watch our Satsuma video!

<u>Fresh Fruit and Vegetable Program</u>

Duval County is part of the Fresh Fruit and Vegetable Program (FFVP) which provides free fresh fruits and vegetables to students in select eligible elementary schools. Students learn about the produce and are given samples to use their five senses to inspect the item.

This year, we have student volunteers studying dietetics at the University of North Florida to help us drum up excitement about the program and encourage students to be adventurous eaters. Learn more about our FFVP program and see a list of participating schools at duvalschools.org/Page/29551.



#### <u>Special Menu Days</u> National Nacho Day

November 6 We guenched our students' chip and dip cravings with our delicious turkey macho nachos (elementary) or spicy chorizo nachos (secondary).

## Holiday Meal

November 21

Celebrating Thanksgiving early, we served our festive holiday meal complete with roasted turkey, cornbread dressing, mashed potatoes and gravy, green beans and apple crisp.

### National French Toast Day

November 28

Who doesn't love a good breakfast for lunch meal? Our students 'toastally' loved our French toast sticks with cheesy scrambled eggs for lunch.

### Lucky Lunch Day

November 30

Elementary students who chose school lunch

