

FUN FACT:

Bananas are Americas favorite fruit! bananas are packed with potassium and fiber that help you stay healthy.



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NAPA'S OPERATIVE for SCHOOL food HEALTH

SALAD BAR: 1/2 CUP PORTIONS CHEAT SHEET

1 Small Green Pear = 1/2 Cup



1 Small Apple = 1/2 Cup



3 Orange Wedges = 1/2 Cup



5 Broccoli Florets = 1/2 cup



5 Jicama Sticks = 1/2 Cup



6 Baby Carrots = 1/2 cup



6 Cucumber Slices = 1/2 Cup



11 Grapes = 1/2 Cup

