

**Sandusky City Schools  
Dining Services & Mulvin's Farm  
Farm to School Program  
Fruit or Vegetable of the Month  
February Fruit or Vegetable:**

# LETTUCE



## Lettuce Nutritional Facts:

For complete nutrition facts about Lettuce please click on this link:

**Iceberg:**

<http://www.dietandfitnesstoday.com/calories-nutrition-facts.php?id=11252>

**Romaine:**

<http://www.dietandfitnesstoday.com/calories-nutrition-facts.php?id=11251>

**If you would like more detailed information about Lettuce including:**

**The history of Lettuce  
Preparation of Lettuce  
Recipes for Lettuce**

**Please go to this link:**

**[http://www.freshforkids.com.au/veg\\_pages/lettuce/lettuce.html](http://www.freshforkids.com.au/veg_pages/lettuce/lettuce.html)**

***We hope you will join Sandusky Dining Services and Mulvin's Farm in promoting healthy eating in your household.***