

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

Strawberries



Strawberries Nutritional Facts:

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

<http://www.dietandfitnesstoday.com/calories-nutrition-facts.php?id=09316>

If you would like more detailed information about Strawberries including:

**The history of Strawberries
Care and Preparation of Strawberries
Growing Strawberries
Recipes for Strawberries**

Please go to this link:

<http://www.lpl.arizona.edu/~bcohen/cucumbers/info.html>

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