

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

Corn



Corn Nutritional Facts:

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

<http://www.nutritiondata.com/facts/cereal-grains-and-pasta/5687/2>

If you would like more detailed information about Corn including:

The history of Corn

Recipes for Corn

Please go to this link:

<http://www.vegparadise.com/highestperch9.html>

If you would like to know how to plant and grow Corn

Please go to this link:

<http://gardening.about.com/od/plantprofil2/p/Corn.htm>

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