

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

## **Watermelon**

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### **Nutrition facts of Watermelon:**

<http://www.nutritiondata.com/facts/fruits-and-fruit-juices/2072/2>

### **History facts about Watermelon and Recipes:**

<http://homecooking.about.com/od/fruit/a/watermelon.htm>

**Please join Sandusky City Schools and  
Mulvin's Farm in encouraging fresh and  
nutritious dining in your home!!**