

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

Grapes



Grapes Nutritional Facts:

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

<http://www.dietandfitnesstoday.com/calories-nutrition-facts.php?id=09131>

If you would like more detailed information about Grapes including:

**The history of Grapes
Care and Preparation of Grapes**

Please go to this link:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=40>

How to grow grapes:

<http://extension.oregonstate.edu/catalog/html/ec/ec1305/>

Grape Recipes:

<http://www.honeyflowfarm.com/graperecipes.php>

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