



*Take advantage of the wonderful variety of vegetables available!*

Radicchio	Garlic	Argula
Radishes	Jicama	Asparagus
Spinach	Kale	Broccoli
Tomatoes	Leeks	Cauliflower
Turnip	Mushrooms	Collards Greens
Watercress	Okra	Eggplant
Yams	Parsnips	Escarole
Zucchini	Peas	Fiddleheads

Vegetables come in almost every shade of the rainbow, and in almost every letter of the alphabet...



School Cafeteria Program

***If you think you don't like vegetables  
maybe you just haven't tried  
the best...***