|  |  |  |  |  |  |  |  |  |
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| **Conner Creek Academy East**  **Harvest of the Month: Potatoes**  Potatoes are a very popular food source. In some countries, potatoes even become an important staple food.  Unfortunately, many people eat potatoes in the form of oily french fries or potato chips and even baked potatoes which are usually mixed with fats such as cheese, butter, bacon bits and sour cream that make potatoes a potential contributor to heart attack.  But keep away from deep fryer and extra fat, potatoes are very healthy low-calorie and high fiber foods that offer significant protection against several diseases and keep your body healthy.  According to calorie count, potatoes have a lot of nutritional value which is an essential source for the human body.  Try your potato boiled and seasoned with herbs or even a baked potato with fat free sour cream or low fat yogurt and fresh chives!  **C:\Users\Christel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\GMLBTL06\MC900272314[1].wmf**  **March 2013**  **Fresh Fruit & Vegetable Program Menu** | | | | | | | | |
|
| Monday | | Tuesday | | Wednesday | Thursday | | Friday |
| *4* | | *5* | | *6* | *7* | | *8* |
|  | |  | |  | Mushrooms | |  |
| Blueberries | | Jicama | | Kiwi | & Low-Cal Ranch | | Grapefruit |
|  | |  | |  |  | |  |
|  | |  | |  |  | |  |
| *11* | | *12* | | *13* | *14* | | *15* |
|  | |  | |  | Asparagus | |  |
| Mango | | Eggplant | | Green Grapes | & Low-Cal Ranch | | Lemons & Limes |
|  | |  | |  |  | |  |
|  | |  | |  |  | |  |
| *18* | | *19* | | *20* | *21* | | *22* |
|  | |  | | **HARVEST OF THE MONTH** |  | |  |
| Raspberries | | Radishes | | Potatoes | Apricot | | Papaya |
|  | |  | |  |  | |  |
|  | |  | |  |  | |  |
| *25* | | *26* | | *27* | *28* | | *29* |
|  | |  | |  |  | |  |
| Honeydew | | Pea Pods | | Tangerine | Cherry Tomatoes | | **GOOD FRIDAY** |
|  | |  | |  |  | | **NO SCHOOL** |
|  | |  | |  |  | |  |
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| ***All items are subject to availability and may change.*** | | | | | | | |
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