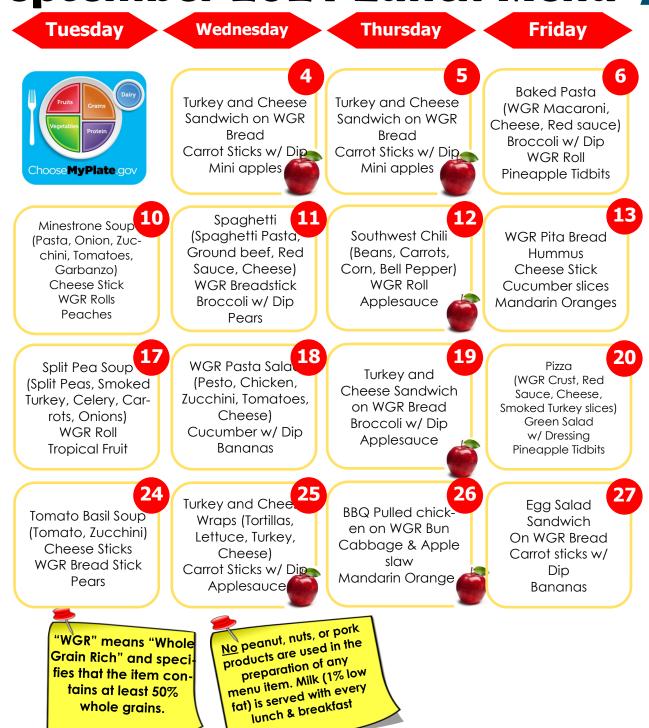
## September 2024 Lunch Menu 🔱



EDMONDS COLLEGE HEAD START AND EARLY HEAD START



## Did You Know...

Washington grows about 60% of the apples in all of America! Top grown varieties are Red Delicious, Gala, and Honeycrisp apples.

Apples are high in fiber and Vitamin C. Most of the fiber is in the skin and about 50% of the Vitamin C is right under the skin. So, try to leave the peel on for maximum nutrients.

Choose apples that are firm to the touch, without bruises, and have a smooth skin.

Apples stored at room temperature ripen 8-10 times faster than those in the refrigerator. Store apples in fridge in a plastic bag for at least 3 weeks.

There are over 7500 varieties of apples. 2500 varieties are grown in the US!



This institution is an equal opportunity provider.