



## Farm-to-School Fresh Produce Every Wednesday At Lunch!

These farm-fresh fruits and vegetables from local farmers are ripe and ready to eat. Deeee-licious!

### APPLE-PEARS

Also called the Asian pear! It is not a cross of different fruits. It is its own fruit. These are actually part of the rose family. When you bite into an APPLE-PEAR, it has a sweet, crispy crunch. In traditional Chinese medicine, this fruit is used to take away dark circles under the eyes and for healthy skin.



### PERSIAN CUCUMBERS

Here All Month! Only 5 to 6 inches long, these crunchy cucumbers are fun to eat. They hardly have any seeds, have a smooth, thin skin - no need to peel it. Just eat the whole cucumbe skin and all!



Café LA - A Great Part of Your Day  
This Institution is an equal opportunity provider.