






Did you know?

-  Avocado trees do not self-pollinate; they need another avocado tree close by to bear fruit.
-  Avocado is a fruit that matures on the tree but ripens off of the tree.
-  Avocados are one of the only fruits that contain heart-healthy monounsaturated fat.
-  Avocados contain four grams of protein, making them one of the top fruits for protein content.
-  On average, 53.5 million pounds of guacamole are eaten every Super Bowl Sunday, enough to cover a football field more than 20 feet thick!



JOKE

What did the tortilla chip say to the avocado when the dip bowl was empty?

“We’ve hit guac bottom!”

Parents,

This month in the cafeteria we are sampling avocados. Avocados stand apart from most fruits by providing monounsaturated fats. These fats are important for normal growth and development of the central nervous system and brain, and they are heart healthy. There are many ways to add avocado to your child's diet:

- *Eat it on its own as a snack*
- *Use as a topping for scrambled eggs, tacos, sandwiches and salads*
- *Use it as a replacement for mayo*
- *Add it to a smoothie*
- *Make it into guacamole dip*

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1-1 ½ cups
Children, Ages 9-13	2-2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

RECIPE

GUACAMOLE

Ingredients

- 4 large, ripe avocados
- 1 garlic glove, finely minced or grated
- 2 tablespoons lime juice
- 1/4 teaspoon salt

Directions

1. Add the lime juice, garlic, and salt to a bowl. Stir to combine.
2. Cut the avocados in half, removing the pits. Scoop the flesh into the bowl with the lime juice, garlic and salt. Mash the avocado with a fork until a creamy dip forms.
3. Serve immediately as a dip or topping. If making the guacamole ahead of time squeeze extra lime juice over the top and cover very tightly with plastic wrap to keep from browning.