

YOUR FARM:

 **noble**[®] PURE FLAVOR. ALL PURE. ALL NATURAL.



**WM. G. ROE FARMS
WINTER HAVEN, FL**


SCHOOL NUTRITION
Only Eat
WHERE STUDENTS COME FIRST

 @fcsnutrition
 [Facebook.com/fcsnutrition](https://www.facebook.com/fcsnutrition)
 **FCS Mobile App:** view school menus, nutrient info, and make meal payments.
Visit [fcsnutrition.com](https://www.fcsnutrition.com) for menus and more info!



FARM FRESH HARVEST:

BLUEBERRIES

FARM FRESH FACTS

Farm: WM. G. Roe Farms

Location: Winter Haven, Florida

Main Crops: Oranges, Tangerines, Pummelos, Blueberries, and Mandarins

Did You Know?

- Blueberries belong to the Ericaceae family, which includes Cranberries, Azalea, and Rhododendron.
- Blueberries grow in clusters on bushes.
- Blueberries are one of the only natural foods that are truly blue in color.
- Blueberries are a good source of vitamin C and vitamin K!