

Georgia grown Watermelon served this July!







- Watermelon is in the same family as cucumbers, pumpkins, and squash.
- Watermelon is a warm-season crop that grows on a vine.
- Watermelon is a fruit & a vegetable! It is a fruit because it grows from a seed and it is a vegetable because it is harvested and cleared from the field like other vegetables.
 - The flesh of watermelon is over 90% water!





Visit **fcsnutrition.com** for menus and more info!

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