

March Fruit - Pineapple!

Did You Know?

- Pineapples have been a sign of hospitality since the 17th century, when used to serve to guests during long trade routes or placed outside doors of returning seas captains as a symbol of an invite for others to stop in. The pineapple also used to be a symbol of wealth and was used a center piece for the wealthy.

- Pineapples are a great source of vitamin C, which boost our immunity and heals wounds. They are also a great source of manganese with helps our bones!

- Pineapples are the second most popular tropical fruit in America, right after bananas.

- <https://fruitsandveggies.org/stories/insiders-viewpoint-pineapple/>



Mini Pizzas

Ingredients:

6 English Muffins whole wheat
3/4 cup Tomato Sauce low-sodium
1 cup Cheese low-fat and grated

OPTIONAL TOPPINGS

Bell Pepper sliced
Spinach chopped
Pineapple chopped
Mushrooms chopped
Olives sliced
Broccoli Florets

Directions:

1. Slice English muffins in half. Toast until slightly brown.
2. Cover each muffin with 1 teaspoon sauce and 1 tablespoon cheese. Add your favorite toppings
3. Bake on a cookie sheet at 425 degrees F for 8-10 minutes or until cheese melts.



Fresh pineapple on the salad bar!