## CONWAY PUBLIC SCHOOLS HARVEST OF THE MONTH



**Nutrition Facts** 

- Fat free, cholesterol free, and sodium free = heart health
- Very high in vitamin C = immune system health
- Good source of vitamin A and beta-carotene = eye and vision support



## Did you know?

The apple blossom is the state flower of Arkansas. Apples are a historically important crop for Arkansas, and production of apples continues to be a source of revenue for the state today. Apples are harvested in the fall and can be stored for several months before eating. The apples on the menu are from Cadron Crest in Faulkner County.