

# Cara Cara Orange

---



- Cara Cara Oranges are a little different than normal oranges. They have the same bright glossy orange peel on the outside but they have pinkish colored flesh on the inside!
- They are sweet, juicy, seedless and easy to peel.
- Cara Cara Oranges were discovered in Venezuela in 1976.
- Now we grow them in California, Florida and Texas and they are available from winter to early spring.
- They are packed with vitamins and minerals including vitamin C which helps to keep you healthy!



[Click here to learn about Cara Cara oranges!](#)

**OKCPS School Nutrition Services**

