DID YOU KNOW?

FEBRUARY IS CHERRIES MONTH

FACT #1

Cherries are rich in vitamin C, which supports our immune system.

FACT #2

Cherry blossom trees can produce small, sour cherries. These trees signal the beginning of spring and are celebrated with festivals around the world.

FACT #3

Sweet cherries are known for being eaten fresh while tart cherries are typically used in cooking and baking.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

BYO TRAIL MIX BAR

Number of Servings: 1
Serving Size: 1 cereal bowl plus toppings

INGREDIENTS:

1 OZ BOWL CINNAMON CHEX CEREAL
1 TBSP DRIED CHERRIES
1 TBSP CHOCOLATE CHIPS
1 TBSP RAISINS
1 TBSP SUNFLOWER SEEDS
1 TBSP PUMPKIN SEEDS

DIRECTIONS:

GIVE STUDENT 1 OZ BOWL OF CEREAL, OPENED.
ALLOW STUDENT TO ADD 1 TBSP OF EACH OF THE TOPPINGS.
MIX TOGETHER ALL INGREDIENTS ONCE ADDED TO BOWL .