

EASY HOMEMADE FRUIT POPS



Ingredients

1 large banana, cut into small pieces (frozen bananas work too)

4 large fresh strawberries sliced or cut into small pieces (any type of fresh or frozen fruit will work) 1/2 - 1 cups apple juice no sugar added, or other favorite fruit juice

Instructions

Add fruit to your Popsicle mold, alternating different kinds of fruit until the molds are filled almost to the top.

Gently fill the mold with apple juice, leaving at least 1/8 in headspace and place the popsicle stick inside. Freeze for at least 6 hours or overnight.

Nutrition

Calories: 44kcal | Carbohydrates: 11g | Sodium: 2mg | Potassium: 150mg | Fiber: 1g | Sugar: 7g | Vitamin A: 15IU | Vitamin C: 13mg | Calcium: 6mg | Iron: 0.2mg



Morep Food Services 1st Quarter

The Scoop Newsletter

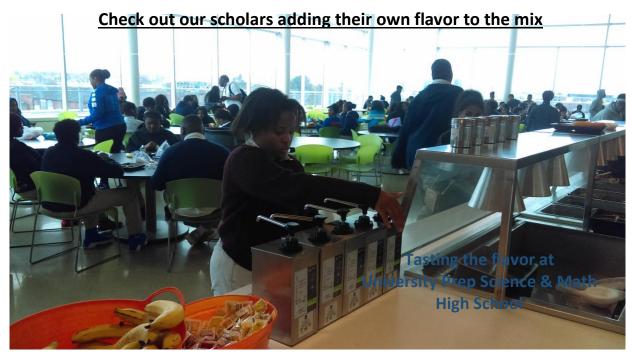


FUN FOOD FACT

In 1905, 11-year-old Frank Epperson from San Francisco, California, accidentally invented the Popsicle. It was a chilly evening when he decided to make himself a soft drink. He mixed soda powder and water with a wooden stirring stick but somehow forgot about his drink and left it on the porch.

Shout Outs!!!

We would like to shout out Variety Foods Services. The Nutrition Team had the great fortune to partner with VFS for the Christmas holidays 2019. We were able to give 22 families large Christmas baskets full of food, hats, and gloves and etc... Thanks VFS!!!







All UPREP Schools are now enrolled in the Community Eligibility Program, which means our breakfast and lunch meals are absolutely free to all Students!!!

In order to keep our CEP status we need your participation, let us know your favorite or not so favorite meals we need your input!

If there are dietary needs i.e. Food allergy etc... Please see our Food Nutrition Specialist to receive a Special Meal Accommodation form that must be completed by medical authority.

We want to provide the best Breakfast & Lunch experience possible to our students.

Our High School students can look forward to more from the Food Nutrition Team, like more salad toppings bars, fruit bars, we have new flavor stations to add spiciness to your meals.

Check out your individual school website for breakfast hours. When spice is life.

