

TurtleRock April Lunch Menu

Harvest of the Month

Avocados are excellent for toddlers because they're packed with essential nutrients and have no sodium, sugar, or cholesterol. They provide fiber for digestion, vitamin C for immunity, magnesium for muscles and bones, folate for cell growth, vitamin K for blood and bones, and healthy fats for brain development and cholesterol balance. Including avocados in a varied diet helps toddlers grow strong and healthy.

> Harvest of the Month Meatless

Key



Five Dollars • Order via ProCare App by 10 AM

