



This fruit originated in China, where over 2,000 different types were developed. Eventually the tree spread into Korea and Japan. By the middle of the 1800s, the tree made the journey across the Pacific Ocean to California. The seeds arrived in 1856 with Commodore Perry from Japan, and whole trees were imported to California in 1870. The Fruit can be roundish, heart-shaped, or oval, golden-yellow or orange-red colored. All parts of the fruit, except the seed, are edible and can weigh a couple of ounces to nearly a pound.

Some varieties of this fruit are seedless. The flowers of seedless variety, which are also known as parthenocarpic, can produce fruit without pollination.

The Japanese variety is the most widely cultivated species. Its fruits are sweet and slightly tangy with a soft, occasionally fibrous texture.

The Fuyu type is a non-astringent variety, which is eaten fresh. The Hachiya type is soft to the touch when ripe. It is an astringent and is used for cooking.

A solution made of crushed wild berries and water is used as a natural, homemade insect repellent. Compounds isolated from these berries have anti-inflammatory and anti-infection properties.

The fruit can be eaten fresh, dried, or as an ingredient of breakfast cereals, muffins, pies, breads, cakes, salads and puddings.

Fermented berries are used for making vinegar, which is also known as "gamsikcho."

**This fruit is a persimmon!**

All Meals for All  
Students are Free

# March 2023

## Lunch Menu

Breakfast Options Daily:  
Yogurt, Cereal, Bagel, or  
Muffin with Fruit and Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pulled Pork Sandwich on a WGR Bun	2 All Beef Hot Dog on a WGR Bun with Baked Bean	3 Bean & Cheese Burrito with a WG Churro
6 Turkey Pepperoni or Four Cheese WGR Pizza	7 Chicken Strips with WG Garlic Bread	8 Baked Ravioli and a WG Roll	9 No School	10 No School
13 Turkey Pepperoni or Four Cheese WGR Pizza	14 Deli Sub on WG Bread with Sunchips	15 Pulled Pork Sandwich on a WGR Bun	16 Crispy Chicken Sandwich on a WGR Bun	17 Cheese Quesadilla
20 Turkey Pepperoni or Four Cheese WGR Pizza	21 Chicken Strips with WG Garlic Bread	22 Baked Ravioli and a WG Roll	23 All Beef Hot Dog on a WGR Bun with Baked Bean	24 Cheese Quesadilla
27	28	29	30	31
<b>Spring Break</b>				
<b>Salad Bar Including Fresh Fruits and Vegetables Prepared Daily</b> <b>All milk served is 1% or non-fat milk. *Lactose Free Milk Available</b> <b>WG — whole grain, WGR — whole grain-rich, WW — whole wheat</b>				

*This institution is an equal opportunity provider.*