



Our school is participating in the Great Apple Crunch, an annual celebration of local farmers, healthy kids and strong communities! On Thursday, October 10, our students will be among MILLIONS of crunchers all across the state and country!

Sweetango Apples

Throughout the school year, we often serve "varietal apples" on Fridays. The varietal is never red delicious, but frequently, the juicy Minnieska variety, better known by its brand name, Sweetango.

This crunchy, part sweet, part tart apple was created by the University of Minnesota by crossing two of its other popular apple varieties, the Honeycrisp and the Zestar. It was first sold to consumers on a limited basis in 2009 before rolling out nationally. The University has a patent on the apple through 2026 and any orchard that wants to grow the trees must be licensed, ensuring the quality and integrity of the apples produced. Sweetango trees are not available to consumers.

Because the Sweetango was "born and bred" in Minnesota, we have the optimal growing climate for the trees. There are many orchards in Minnesota licensed to grow Sweetangos, including Wescott Orchards in Elgin, Minnesota. For more than 40 years, Wescott Orchards has been a long-trusted, local grower of the very best regional varieties up and down the Mississippi River Valley. It packs and ships the finest apples, some of which are served right here at our school.

Nutritional Powerhouses

Nutritionally, apples have tremendous health benefits. Packed with antioxidants, vitamin C, potassium, water and about 5 grams of fiber per apple, it's no wonder it's often said, "an apple a day keeps the doctor away!"

One medium-sized apple with the skin provides about:

- 95 calories
- 156 grams of water
- 0.43 grams of protein
- 25.1 grams of carbs (18.9 grams of sugar, 4.37 grams of fiber)
- 0.3 grams of fat
- 190 mg of potassium

Because of the water and fiber content, apples are low on the glycemic index. Some studies indicate apples may help protect against diabetes, heart disease and cancer.

Our Food Service Partner:

