



Founded in 1975,
Ham Farms is a family-owned and operated business headquartered in Snow Hill, NC.



Squash

Locally grown Squash served in your cafe!

- Squash is generally categorized into two types, summer and winter squashes.
- The entire Squash is edible including the flesh, skin and seeds.
- Summer Squash is related to pumpkins, cucumbers and melons.
- Squash plants are pollinated by honeybees
- ★ Squash contains vitamin A which helps our eyesight!

FULTON COUNTY SCHOOLS

SCHOOL NUTRITION

Tasty Eats

WHERE STUDENTS COME FIRST



Visit [fcsnutrition.com](https://www.fcsnutrition.com) for menus and more info!

This institution is an equal opportunity provider.