



THE ORGANWISE GUYS®



Windy®
(the lungs) Peri Stolic®
(the intestine)

Calci M. Bone® Pepto (the stomach)

Madame Muscle®

The Kidney Brothers®

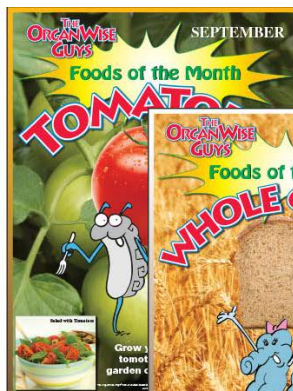
Hardy Heart®

Sir Rebrum®
(the brain)

Fuel your students' success with a vibrant, healthy eating initiative! Our NEW [OrganWise Guys Elementary Cafeteria Package](#) transforms nutrition education into an engaging, fun experience. Partnering with the **The Purchasing Cooperative at Greenbush**, we're thrilled to offer this comprehensive resource at an [exclusive contracted price of just \\$345](#). Empower your Nutrition/Food Service Director to inspire healthier, happier and more productive students today!



THE ORGANWISE GUYS FOODS OF THE MONTH		
JANUARY	Cruciferous Vegetables cauliflower, broccoli, cabbage	Legumes lentils, black beans, kidney beans
FEBRUARY	Citrus Fruits oranges, lemons, all citrus	Dairy milk, cheese, yogurt
MARCH	Starchy Vegetables potatoes, sweet potatoes	Fish salmon, tuna, cod, halibut
APRIL	Nuts peanuts, almonds, walnuts, pistachios	Fresh Beans green beans, wax beans, adzuki beans
MAY	Eggs eggs	Spinach
JUNE	Berries strawberries, blueberries	Peppers bell, jalapeño, banana
JULY	Summer Fruits mangoes, kiwi, pineapple, honeydew	Corn
AUGUST	Stone Fruits peaches, plums	Summer Squash zucchini, crookneck, pattypan
SEPTEMBER	Whole Grains whole grain bread, whole grain rice	Tomatoes cherry, beefsteak, Roma
OCTOBER	Apples apples	Winter Squash pumpkins, acorn, butternut
NOVEMBER	Lean Meats chicken, turkey, lean beef	Sweet Potatoes
DECEMBER	Citrus oranges, grapefruit, lemons, limes	Root Vegetables beets, carrots, turnips



[Click here for details](#)



Click below to schedule a short overview of the program and to discuss how this might fit into your programming!

Dr. Michelle Lombardo, President ([Link to Calendar](#))
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