

OCTOBER | 2023

Fresh Fruit & Vegetable



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3 Avocado Halves	4	5 Cauliflower Bites	6 Plum
9	10 Mango Bites	11	12 Carrots & Snap Peas	13 Banana
16	17 Jicama	18	19 Cantaloupe	20 Crimson Pears
23	24 Cucumbers	25	26 Broccoli	27 Honey Crisp Apple
30	31	1	2	3

Fresh Fruit & Vegetable Grant is awarded to elementary school students who may not have access to Fresh Fruit & Vegetables. Our goal is to provide students with fresh fruit and vegetables during the school day as an additional snack to promote healthy eating and education to our students.

Fresh fruits and vegetables provide our bodies with the nourishment and vitamins that provide us with energy and brain power.

Menu is subject to change due to vendor supplies