







FRESH FRUIT & VEGETABLE PROGRAM

October 2013

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| | 1. | 2. Zucchini  | 3. | 4. Kiwi  |
| 7. Apple  | 8. | 9. Baby Carrots  | 10. | 11. Banana  |
| 14. Orange Wedges  | 15. Cucumber w/dip  | 16. Blueberries  | 17. Broccoli Florets  | 18. Pineapple  |
| <i>National School Lunch Week, 10/14 – 10/18</i> | | | | |
| 21. Grapes  | 22. | 23. Celery & Carrot Sticks  | 24. Banana  | 25. Early Dismissal |
| 28. <i>Students do not attend Professional Development Day</i> | 29. Plum  | 30. Red Peppers  | 31. | 11/1 Tangerines  |

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