

















# FRESH FRUIT & VEGETABLE PROGRAM

September 2013

Welcome Back!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. <i>Labor Day Holiday</i> Students do not Attend	3.	4. Apple Slices 	5.	6. Baby Carrots w/dip 
9. Grapes 	10. Celery Sticks w/ dip 	11. Banana 	12. Cucumbers 	13. Watermelon 
Healthy Virginians Week – 9/9 – 9/13/13 FFVP Each Day!				
16. Plum 	17.	18. Red Pepper w/ dip 	19.	20. Asian Pear 
23. Blueberries & Raspberries 	24.	25. Broccoli Crowns w/ dip 	26.	27. Honeydew Melon 
30. Kiwi 	10/1	10/2 Zucchini w/ dip 	10/3	10/4 Pineapple 

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**Menus are subject to change due to weather, calendar changes, administrative directive, and/or product availability or quality.**