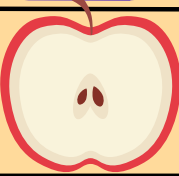

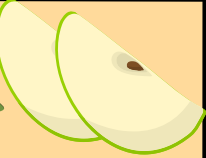

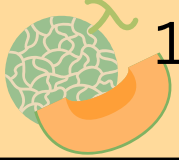


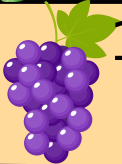



September

Fun Facts About This Months Fruits And Veggies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
				
11	12	13	14	15
	Snap Peas with Ranch	Apple Slices Orange Segments	Blueberries	Baby Carrots
18	19	20	21	22
	Broccoli with Ranch	Apple Slices Orange Segments	Cantaloupe	Baby Carrots
25	26	27	28	29
	Zucchini with Ranch	Apple Slices Orange Segments	Grapes	Baby Carrots









"Menu subject to change as needed"

- **Apples:** Helps keep teeth healthy and white, keeps the heart healthy.
- **Snap Peas:** Good source of Vitamin C which helps immune function.
- **Blueberries:** Rich in antioxidants, full of vitamins and minerals.
- **Carrots:** Promote healthy vision, great for weight management.
- **Zucchini:** Many nutrients, high in antioxidants, contributes to healthy digestion.
- **Cantaloupe:** Good source of fiber, potassium & vitamin.
- **Broccoli:** Can help reduce inflammation, keep blood sugar stable and strengthen the immune system.
- **Grapes:** Good boost to immunity, promote better sleep, helps keep you hydrated
- **Oranges:** Good for your skin, helps in brain development.

welcome
BACK^{TO}
SCHOOL

October

Fun Facts About This Months Fruits And Veggies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2	3 Green beans with ranch	Apple Slices Orange Segments 4	5 Raspberries	6 Baby Carrots
 9	10 Broccoli with ranch	Apple Slices Orange Segments 11	12 Watermelon	13 Baby Carrots
 16	17 Red peppers with ranch	Apple Slices Orange Segments 18	19 Strawberries	20 Baby Carrots
 23	24 Celery with ranch	Apple Slices Orange Segments 25	26 Grapes	27 Baby Carrots
 30	31 Zucchini coins with ranch			

"Menu subject to change as needed"










- **Apples:** Rich in polyphenols that not only reduce inflammation but also help with blood pressure.
- **Green beans:** Good source of Vitamin C, Vitamin K, Vitamin A and manganese.
- **Carrots:** Support your immunity, may boost brain health.
- **Zucchini:** Many nutrients, high in antioxidants, contributes to healthy digestion.
- **Celery:** Great source of important antioxidants.
- **Raspberries:** Lower blood pressure, essential to heart function, helps regulate sugar.
- **Watermelon:** Helps you stay hydrated, supports eye health, relieves muscle soreness.
- **Strawberries:** Naturally deliver vitamins, fiber, good source of manganese and potassium.
- **Broccoli:** Can help reduce inflammation, keep blood sugar stable and strengthen the immune system.
- **Grapes:** Good boost to immunity, promote better sleep, helps keep you hydrated



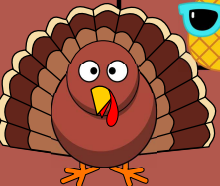
November

Fun Facts About This Months Fruits And Veggies

- **Apples:** Helps keep teeth healthy and white, keeps the heart healthy.
- **Green pepper:** High in antioxidant and anti-inflammatory plant compounds, including vitamin C, carotenoids and phenolic acids.
- **Carrots:** Promote healthy vision, great for weight management.
- **Cauliflower:** High nutrient density, rich source of fiber, detox booster.
- **Grape Tomatoes:** Vitamins A, C, and folate, calcium, low in calories.
- **Bananas:** Improve digestion and heart health.
- **Pineapple:** Anti-inflammatory and pain-relieving properties.
- **Pears:** Linked to a lower risk of diabetes, boost heart health, assist in weight loss.
- **Clementine:** High levels of antioxidants such as vitamin C.
- **Oranges:** Protects your vision, boosts your immunity.








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 1	2 Bananas	3 Baby Carrots
6 	7 Green pepper with ranch	8 Apple Slices Orange Segments	9 Pineapple	10 Baby Carrots
13 	14 Cauliflower with ranch	15 Apple Slices Orange Segments	16 Pears	17 Baby Carrots
20 	21 	22 Thanksgiving Break	23	24
27 	28 Grape tomatoes with ranch	29 Apple Slices Orange Segments	30 Clementine	

"Menu subject to change as needed"



December

Fun Facts About This Months Fruits And Veggies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baby Carrots
4 	5 Radishes with ranch	6 Apple Slices Orange Segments	7 Honeydew	8 Baby Carrots
11 	12 Snap Peas with ranch	13 Apple Slices Orange Segments	14 Blueberries	15 Baby Carrots
18 	19 Zucchini with ranch	20 Apple Slices Orange Segments	21 Cantaloupe	22 Baby Carrots
25	26	27	28	29



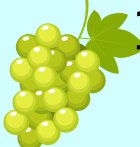
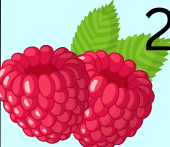



School Closed

"Menu subject to change as needed"

- **Apples:** Rich in polyphenols that not only reduce inflammation but also help with blood pressure.
- **Radish:** Rich in antioxidants and minerals like calcium and potassium.
- **Carrots:** Support your immunity, may boost brain health.
- **Zucchini:** Many nutrients, high in antioxidants, contributes to healthy digestion.
- **Snap Peas:** Delicious and nutritional powerhouse, providing an excellent source of vitamins, minerals and fiber.
- **Honeydew:** Supports hydration, immune function, bone health, skin health.
- **Blueberries:** Fiber, vitamin C, vitamin K, manganese and potassium.
- **Cantaloupe:** Help lower high blood pressure, good source of potassium and folate.
- **Oranges:** Good for your skin, helps in brain development.

Happy Holidays

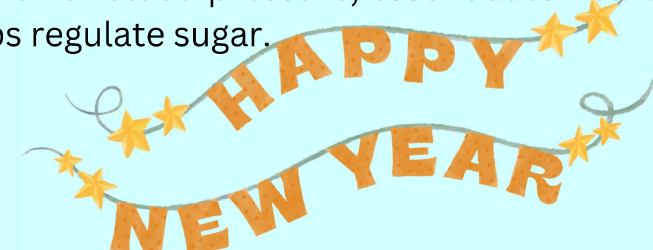
January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	2 Radishes with ranch	Apple Slices 3 Orange Segments	4 Blueberries	5 Baby Carrots
 8	9 Greenbeans with ranch	Apple Slices 10 Orange Segments	11 Honeydew	12 Baby Carrots
 15	16 Zucchini with ranch	Apple Slices 17 Orange Segments	18 Grapes	19 Baby Carrots
 22	23 Broccoli with ranch	Apple Slices 24 Orange Segments	25 Raspberries	26 Baby Carrots
 29	30 Snap peas with ranch	Apple Slices 31 Orange Segments		

"Menu subject to change as needed"

Fun Facts About This Months Fruits And Veggies

- **Apples:** Helps keep teeth healthy and white, keeps the heart healthy.
- **Snap Peas:** Delicious and nutritional powerhouse, providing an excellent source of vitamins, minerals and fiber.
- **Carrots:** Promote healthy vision, great for weight management.
- **Radish:** Rich in antioxidants and minerals like calcium and potassium.
- **Broccoli:** Can help reduce inflammation, keep blood sugar stable and strengthen the immune system.
- **Blueberries:** Fiber, vitamin C, vitamin K, manganese and potassium.
- **Honeydew:** Supports hydration, immune function, bone health, skin health.
- **Grapes:** Good boost to immunity, promote better sleep, helps keep you hydrated.
- **Raspberries:** Lower blood pressure, essential to heart function, helps regulate sugar.



February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Blueberries	2 Baby Carrots
5 	6 Red Peppers with ranch	7 Apple Slices Orange Segments	8 Watermelon	9 Baby Carrots
12 	13 Celery with ranch	14 Apple Slices Orange Segments	15 Grapes	16 Baby Carrots
19 	20 Green Peppers with ranch	21 Apple Slices Orange Segments	22 Raspberries	23 Baby Carrots
26 	27 Cauliflower with ranch	28 Apple Slices Orange Segments	29 Cantaloupe	

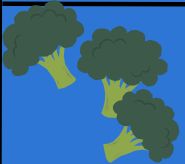





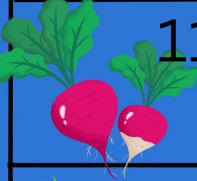



"Menu subject to change as needed"

Fun Facts About This Months Fruits And Veggies

- **Apples:** Rich in polyphenols that not only reduce inflammation but also help with blood pressure.
- **Raspberries:** Lower blood pressure, essential to heart function, helps regulate sugar.
- **Carrots:** Support your immunity, may boost brain health.
- **Watermelon:** Helps you stay hydrated, supports eye health, relieves muscle soreness.
- **Blueberries:** Rich in antioxidants, full of vitamins and minerals.
- **Cantaloupe:** Help lower high blood pressure, good source of potassium and folate.
- **Grapes:** Good boost to immunity, promote better sleep, helps keep you hydrated
- **Green Pepper:** High in antioxidant and anti-inflammatory plant compounds, including vitamin C, carotenoids and phenolic acids.
- **Cauliflower:** High nutrient density, rich source of fiber, detox booster.
- **Red pepper:** Great source of vitamin C, vitamin A and Fiber
- **Celery:** Great source of important antioxidants.

March

Fun Facts About This Months Fruits And Veggies









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
 4	5 Grape tomato with ranch	Apple Slices 6 Orange Segments	7 Strawberries	8 Baby Carrots
11 	12 Radishes with ranch	Apple Slices 13 Orange Segments	14 Grapes	15 Baby Carrots
18 	19 Green Peppers with ranch	Apple Slices 20 Orange Segments	21 Bananas	22 Baby Carrots
25 	26 Broccoli with ranch	Apple Slices 27 Orange Segments	28 Watermelon	29 

"Menu subject to change as needed"

- **Apples:** Helps keep teeth healthy and white, keeps the heart healthy.
- **Grape Tomatoes:** Vitamins A, C, and folate, calcium, low in calories.
- **Carrots:** Promote healthy vision, great for weight management.
- **Radish:** Rich in antioxidants and minerals like calcium and potassium.
- **Broccoli:** Can help reduce inflammation, keep blood sugar stable and strengthen the immune system.
- **Green Pepper:** High in antioxidant and anti-inflammatory plant compounds, including vitamin C, carotenoids and phenolic acids.
- **Strawberries:** Naturally deliver vitamins, fiber, good source of manganese and potassium.
- **Bananas:** Improve digestion and heart health, great source of potassium.
- **Watermelon:** Helps you stay hydrated, supports eye health, relieves muscle soreness.
- **Oranges:** Good for your skin, helps in brain development.

April




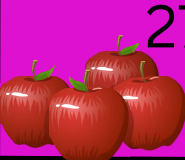
Fun Facts About This Months Fruits And Veggies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	2	3	4	5
 8	9 Broccoli with ranch	10 Apple Slices Orange Segments	11 Pears	12 Baby Carrots
15 	16 Celery with ranch	17 Apple Slices Orange Segments	18 Clementine	19 Baby Carrots
22 	23 Zucchini Coins with ranch	24 Apple Slices Orange Segments	25 Bananas	26 Baby Carrots
29 	30 Green peppers with ranch			

"Menu subject to change as needed"

- **Apples:** Rich in polyphenols that not only reduce inflammation but also help with blood pressure.
- **Broccoli:** Can help reduce inflammation, keep blood sugar stable and strengthen the immune system.
- **Carrots:** Support your immunity, may boost brain health.
- **Celery:** Great source of important antioxidants.
- **Zucchini:** Many nutrients, high in antioxidants, contributes to healthy digestion.
- **Green Pepper:** High in antioxidant and anti-inflammatory plant compounds, including vitamin C, carotenoids and phenolic acids.
- **Bananas:** Improve digestion and heart health, great source of potassium.
- **Clementine:** High levels of antioxidants such as vitamin C.
- **Pears:** Linked to a lower risk of diabetes, boost heart health, assist in weight loss.
- **Oranges:** Protects your vision, boosts your immunity.

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 1	2 Blueberries	3 Baby Carrots
6 	7 Cauliflower with ranch	8 Apple Slices Orange Segments	9 Honeydew	10 Baby Carrots
13 	14 Grape Tomato with ranch	15 Apple Slices Orange Segments	16 Grapes	17 Baby Carrots
20 	21 Snap Peas with ranch	22 Apple Slices Orange Segments	23 Raspberries	24 Baby Carrots
27 	28 Zucchini with ranch	29 Apple Slices Orange Segments	30 Watermelon	31 Baby Carrots

"Menu subject to change as needed"

Fun Facts About This Months Fruits And Veggies

- **Apples:** Helps keep teeth healthy and white, keeps the heart healthy.
- **Grape Tomatoes:** Vitamins A, C, and folate, calcium, low in calories.
- **Carrots:** Promote healthy vision, great for weight management.
- **Blueberries:** Rich in antioxidants, full of vitamins and minerals.
- **Snap Peas:** Delicious and nutritional powerhouse, providing an excellent source of vitamins, minerals and fiber.
- **Zucchini:** Many nutrients, high in antioxidants, contributes to healthy digestion.
- **Honeydew:** Supports hydration, immune function, bone health, skin health.
- **Cauliflower:** High nutrient density, rich source of fiber, detox booster.
- **Watermelon:** Helps you stay hydrated, supports eye health, relieves muscle soreness.
- **Grapes:** Good boost to immunity, promote better sleep, helps keep you hydrated.
- **Raspberries:** Lower blood pressure, essential to heart function, helps regulate sugar.

June

Fun Facts About This Months Fruits And Veggies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3	4 Celery with ranch	Apple Slices 5 Orange Segments	6 Pineapple	Baby Carrots 7
10 	11 Grape tomatoes with ranch	Apple Slices 12 Orange Segments	13 Strawberries	Baby Carrots 14
17 	18 Broccoli with ranch	19 NO SCHOOL	20 Blueberries	Baby Carrots 21
24 	25	26	27	28
HAVE A GREAT SUMMER!!!!				
				

"Menu subject to change as needed"

- **Apples:** Rich in polyphenols that not only reduce inflammation but also help with blood pressure.
- **Broccoli:** Can help reduce inflammation, keep blood sugar stable and strengthen the immune system.
- **Carrots:** Support your immunity, may boost brain health.
- **Celery:** Great source of important antioxidants.
- **Grape Tomatoes:** Vitamins A, C, and folate, calcium, low in calories.
- **Pineapple:** Anti-inflammatory and pain-relieving properties.
- **Strawberries:** Naturally deliver vitamins, fiber, good source of manganese and potassium.
- **Blueberries:** Rich in antioxidants, full of vitamins and minerals.
- **Oranges:** Protects your vision, boosts your immunity.