

Cafeteria Connection

Connecting you to your child's school lunchroom



FRUITS & VEGGIES: Eat a Rainbow!

); -tt hmo%o |_-| ; -žm] =u†b|v -m7 ^;];|-0t;v h;;rv o†u 0o7b;v _;-t|_<: -1_ 1otou rt-<v - uot; bm ruoložm]]oo7 _;-t|_7 vo b|=v blrou|-m| |o ; -| - ^-ut v 1_bt7 m†|ubžom ruo=;vvbom-tv7 %o; -u; Cul 0;tb;^;uv |_-| %o_;m b| 1ol =u†b|v -m7 ^;];|-0t;v7 v|†7;m|v v_o†t7 ; -| - u-bm0o%o o= 1otouv4 m =-1| %o_< o†u l;m†v bm1ourou-|; - %ob7;J^ub;|< o= =u†b|v -m7 ^;];|-0t;v bm 7b@;u;m| =oulv9 =u;v_7 =uoœ;m7 1-mm;77 -m7 7ub;7:

);=u; 1ollb;;7 |o v;u^; ^;];|-0t;v =uol C^; >v†0J]uo†rv? %o;;ht< J u;7Fou-m v|-u1_<7 0;-mv _ r;-v7 -m7 o|_;u7 %o_b1_ bm1††7;v ^;]]b;v tbh; 1†1†l0;uv 1-†tbYo%o;u: \$ _bv _;trv]†-u-m|;; <o†u 1_bt7 ; -|v - ^-ub;|< o= 7b@;u;m| 0 |o v†rrou|]uo%o|_ -m7 t;-umbm]7 %o_bt; 0oovžm] |_;bu bli†m; v<v|;l |o h;

Are you looking to eat more fruits and veggies at home?

\$!+ \$ " "+) + " \$ \$!) (!+ + 4

- 1 †< žl;Jv-^bm] ruo7†1; tbh; ru;J%o-v_6 vu†f7u; l-bm 7bv_;v |_-| -u; ;-v]u;;mv -m7 0-0< 1-uuo|v |o ;tblbm-|; ;Š|u|u†|u|;r %ob†h:-77bžom-t ^;]]b;v
- 2 77 vtb1;7 1†1†l0;uv7 |ol-|o vtb1;v7 -m7žžu;J†u;7 rbœœ-7 vo†rv7 ol;t;| |o - v-m7%ob1_ =ou lou; Y-^ou -m7 17 m†|_†r -rrt;v -m7 r;-uv bm|o v†l
- 3 ;;r =u†b|v -m7 ^;];|-0t;v ^bvb0t;4 "|ou;rb;†m d†;†m];v bm|o v;]l;m|v: \$ _; v|ou-]; 1om|-bm;uv bm |_; =ub7]; -m7 rb-[†m-;†vob%out =ou <o†u 1_bt7 |o o= =u†b| om <o†u hb|1_;m 1o†m];u =ou %o_v†t]u=0†b|: -m7]o vm-1hbm]:
- 4 -uuo|v7 1;t;u< vž1hv7 v%o;;| r;rr;uv7 -m7]u-r; |ol-|o;v l-h;]u;-| vm-1hv: br |_;v; bm _†ll†v =ou -m ;Š|u- v;u^bm] o= ^;]]b;v4
- 5 "|o1h †r om 7ub;7 =u†b| ou 1-mm;7 =u†b|v bm f†b1; =ou - _-m7< vm-1h |_-| m;;7v mo†u;=ub];u-žom:

