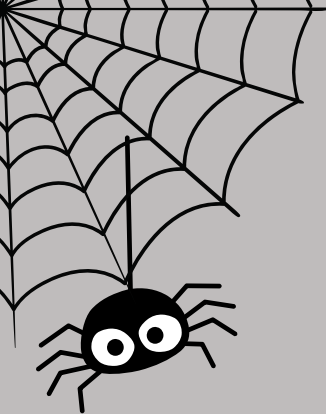




# October FFVP



Scan for the FFVP  
Magazine!



10/7  
+  
10/8



**Red Baby Bananas**

14 grams carbs. per banana



**Grapefruit**

3 grams carbs. per serving

10/14  
+  
10/15



**Clementines**

9 grams carbs. per clementine



**Local Kohlrabi**

2 grams carbs. per serving

with  
Ranch  
Dressing!

10/21  
+  
10/22



**Starfruit**

4 grams carbs. per serving



**SugarBee Apples**

16 grams carbs. per apple

10/28  
+  
10/29



**Persimmons**

16 grams carbs. per persimmon



**Local Carrots**

6 grams carbs. per serving

with  
Ranch  
Dressing!

**Cincinnati Public Schools**

USDA is an equal opportunity provider, employer, and lender.