

# NOVEMBER | 2023



## Fresh Fruit & Vegetable Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2 Avocado	3 Starfruit
6	7	8	9	10
13	14 Mango Bites	15	16 Carrots & Snap Peas	17 Starfruit
20	21	22	23	24
27	28	29	30 Avocado	1

Fresh Fruit & Vegetable Grant is awarded to elementary school students who may not have access to Fresh Fruit & Vegetables. Our goal is to provide students with fresh fruit and vegetables during the school day as an additional snack to promote healthy eating and education to our students.

Fresh fruits and vegetables provide our bodies with the nourishment and vitamins that provide us with energy and brain power.

Menu is subject to change due to vendor supplies