



Don't forget to make
half your plate
FRUITS &
VEGETABLES

Elementary Fruit and Vegetable Bar

Fresh Vegetable Choices and Seasonal Fruit
on the Fruit and Vegetable Bar

February 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Celery
Baby Carrots

Tri Tator

Seasonal Fruit

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Cherry Tomatoes
Romaine Lettuce

Seasonal Fruit

* * * * * 1

Pickles with Lunch Options
Baby Carrots
Green Peas

Potato Wedges

Seasonal Fruit

National Kiwi Day 2

Celery
Spinach
Radish

Tator Tots

Fresh Kiwi Samples
Seasonal Fruit

* * * * * 3

Tomatoes
Baby Carrots
Celery

Baked Beans

Seasonal Fruit

6

Cucumbers
Tomatoes
Romaine Lettuce

Seasonal Fruit

7

Baby Carrots
Celery

Mashed Potatoes

Seasonal Fruit

8

Pickles with Lunch Options
Cucumbers
Broccoli

Baked Beans

Seasonal Fruit

HOM~Blueberries 9

Baby Carrots
Celery

Tator Tots

Seasonal Fruit

10

No School

13

Broccoli
Cucumbers
Beets

Seasonal Fruit

14

Pickles with Lunch Options
Baby Carrots
Green Peas

Potatoes

Seasonal Fruit

15

Cucumbers
Romaine Lettuce

Garden Green Beans

Seasonal Fruit

16

Tomatoes
Baby Carrots
Celery

Refried Beans

Seasonal Fruit

17

Romaine Lettuce
Baby Carrots
Celery

Seasonal Fruit

20

Beets
Baby Carrots
Celery

Seasonal Fruit

21

Cucumbers
Tomatoes

Garden Salad

Seasonal Fruit

22

Pickles with Lunch Options
Romaine Lettuce
Green Peas

Baked Beans

Seasonal Fruit

23

Baby Carrots
Cucumbers

Tator Tots

Seasonal Fruit

24

Baby Carrots
Broccoli

Steamed Corn

Seasonal Fruit

27

Baby Carrots
Green Peas
Broccoli

Seasonal Fruit

** HOM~Cloves** 28

Celery
Baby Carrots
Cucumbers

Refried Beans

**Hot Cinnamon Clove
Apples**

Ash Wednesday 1

Cucumbers
Romaine Lettuce

Potato Wedges

Seasonal Fruit

2

Baby Carrots
Green Peas
Tomatoes

Seasonal Fruit

3

Romaine Lettuce
Tomatoes

Hot Tender Carrots

Seasonal Fruit

HARVEST OF THE MONTH

Blueberries
Leeks
Cloves

