



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

# HS & MS Fruit and Vegetable Bar

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

# February 2017

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

\* \* \* \* \* 30  
Corn  
Celery  
Baby Carrots  
  
Seasonal Fruit

\* \* \* \* \* 31  
Black Beans  
Cherry Tomatoes  
Cauliflower  
  
Seasonal Fruit

\* \* \* \* \* 1  
Baby Carrots  
Broccoli  
Celery  
  
Seasonal Fruit

**\*\*National Kiwi Day\*\*** 2  
Celery  
Cucumbers  
Baby Carrots  
  
**\*\*Fresh Kiwi Samples\*\***  
Seasonal Fruit

\* \* \* \* \* 3  
Romaine Lettuce  
Tomatoes  
Green Peas  
  
Seasonal Fruit

6  
Cucumbers  
Tomatoes  
Celery  
  
Seasonal Fruit

7  
Jicama  
Baby Carrots  
Cucumbers  
  
Seasonal Fruit

8  
Green Peas  
Romaine Lettuce  
Radishes  
  
Seasonal Fruit

**HOM~Blueberries** 9  
Kidney Beans  
Baby Carrots  
Cauliflower  
  
Seasonal Fruit

10  
  
No School

13  
Green Peas  
Broccoli  
Cucumbers  
  
Seasonal Fruit

14  
Baby Carrots  
Tomatoes  
Romaine Lettuce  
  
Seasonal Fruit

15  
Baby Carrots  
Celery  
Jicama  
  
Seasonal Fruit

16  
Celery  
Baby Carrots  
Cucumbers  
Black Beans  
  
Seasonal Fruit

**\*\*HOM ~ Leeks\*\*** 17  
Romaine Lettuce  
Tomatoes  
Broccoli  
  
Seasonal Fruit

20  
Baby Carrots  
Green Peas  
Celery  
  
Seasonal Fruit

21  
Radishes  
Baby Carrots  
Jicama  
  
Seasonal Fruit

22  
Kidney Beans  
Celery  
Cauliflower  
  
Seasonal Fruit

23  
Baby Carrots  
Cherry Tomatoes  
Romaine Lettuce  
  
Seasonal Fruit

24  
Cucumbers  
Tomatoes  
Broccoli  
  
Seasonal Fruit

27  
Cauliflower  
Green Peas  
Baby Carrots  
  
Seasonal Fruit

**\*\* HOM~Cloves\*\*** 28  
Tomatoes  
Baby Carrots  
Cucumbers  
  
**\*\*Hot Cinnamon Clove Apples\*\***  
Seasonal Fruit

**Ash Wednesday** 1  
Black Beans  
Baby Carrots  
Green Peas  
  
Seasonal Fruit

2  
Celery  
Romaine Lettuce  
Radish  
  
Seasonal Fruit

3  
Baby Carrots  
Tomatoes  
Celery  
  
Seasonal Fruit

**HARVEST OF THE MONTH**  
**Blueberries**  
**Cloves**  
**Leeks**

