



Don't forget to eat your vegetables.

# Elementary Fruit and Vegetable Bar

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

March  
2017

## MONDAY



## TUESDAY



## WEDNESDAY

**Ash Wednesday** 1  
Cucumbers  
Romaine Lettuce  
  
Potato Wedges  
  
Seasonal Fruit

## THURSDAY

**Dr. Suess Birthday** 2  
Baby Carrots  
Green Peas  
Tomatoes  
  
Seasonal Fruit

## FRIDAY

\* \* \* \* \* 3  
  
No School

\* \* \* \* \* 6  
Tomatoes  
Romaine Lettuce  
  
Potato Wedges  
  
Seasonal Fruit

\* \* \* \* \* 7  
Broccoli  
Baby Carrots  
  
Tator Tots  
  
Seasonal Fruit

**HOM Feature - Cilantro** 8  
Celery  
Baby Carrots  
Cucumbers  
  
Refried Beans  
  
Seasonal Fruit

\* \* \* \* \* 9  
Baby Carrots  
Green Peas  
  
Mashed Potatoes  
  
Seasonal Fruit

\* \* \* \* \* 10  
Romaine Lettuce  
Cucumbers  
Celery  
  
Seasonal Fruit

\* \* \* \* \* 13  
Spinach  
Baby Carrots  
  
Hot Vegetable  
  
Seasonal Fruit

\* \* \* \* \* 14  
Baby Carrots  
Cucumbers  
  
Coleslaw  
  
Seasonal Fruit

**\*HOM ~ Grapefruit\*** 15  
Tomatoes  
Celery  
  
Steamed Sweet Corn  
  
\*\*Grapefruit\*\*

\* \* \* \* \* 16  
Broccoli  
Cucumbers  
  
Tator Tots  
  
Seasonal Fruit

\* \* \* \* \* 17  
Celery  
Spinach  
Baby Carrots  
  
Lemon Garbanzo Bean Salad  
  
Seasonal Fruit

\* \* \* \* \* 20  
Green Peas  
Baby Carrots  
Beets  
  
Seasonal Fruit

\* \* \* \* \* 21  
Romaine Lettuce  
Cucumbers  
Tomatoes  
  
Seasonal Fruit

\* \* \* \* \* 22  
Green Peas  
Baby Carrots  
  
Tator Tots  
  
Seasonal Fruit

**\*HOM Feature - Kale\*** 23  
Celery  
Baby Carrots  
  
Calico Beans  
  
\*Kale Salad\*  
  
Seasonal Fruit

\* \* \* \* \* 24  
  
No School

\* \* \* \* \* 27  
Romaine Lettuce  
Tomatoes  
  
Steamed Sweet Corn  
  
Seasonal Fruit

**Something on a Stick** 28  
Celery  
Baby Carrots  
  
Pintos and Cheese  
  
Seasonal Fruit

\* \* \* \* \* 29  
Cucumbers  
Romaine Lettuce  
  
Garden Green Beans  
  
Seasonal Fruit

\* \* \* \* \* 30  
Tomatoes  
Baby Carrots  
  
Tator Tots  
  
Seasonal Fruit

\* \* \* \* \* 31  
Cucumbers  
Baby Carrots  
  
Garlic & Herb Broccoli  
  
Seasonal Fruit

### PRICES

### HARVEST OF THE MONTH



### EXTRA INFO

