



Don't forget to eat your vegetables.

HS ~ MS

Fruit and Vegetable Bar

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

March

2017

MONDAY



Choose **MyPlate.gov**

TUESDAY



WEDNESDAY

Ash Wednesday 1

Black Beans
Baby Carrots
Green Peas

Seasonal Fruit

THURSDAY

Dr. Suess Birthday 2

Celery
Romaine Lettuce
Radish

Seasonal Fruit

FRIDAY

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No School

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Tomatoes
Romaine Lettuce
Cucumbers

Seasonal Fruit

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Celery
Baby Carrots
Jicama

Seasonal Fruit

HOM Feature - Cilantro 8

Celery
Baby Carrots
Cucumbers

Refried Beans

Seasonal Fruit

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Baby Carrots
Green Peas
Cucumbers

Seasonal Fruit

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Romaine Lettuce
Tomatoes
Celery

Seasonal Fruit

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Tomatoes
Romaine Lettuce
Baby Carrots

Seasonal Fruit

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Cucumbers
Baby Carrots
Cucumbers

Coleslaw

Seasonal Fruit

HOM ~ Grapefruit 15

Jicama
Tomatoes
Celery

Grapefruit

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Green Peas
Broccoli
Cucumbers

Seasonal Fruit

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Celery
Baby Carrots

Lemon Garbanzo Bean Salad

Seasonal Fruit

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Green Peas
Baby Carrots
Beets

Seasonal Fruit

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Romaine Lettuce
Cucumbers
Tomatoes

Seasonal Fruit

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Green Peas
Baby Carrots
Beans

Seasonal Fruit

HOM Feature - Kale 23

Celery
Baby Carrots

Kale Salad

Seasonal Fruit

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No School

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Romaine Lettuce
Tomatoes
Beans
Cucumbers

Seasonal Fruit

Something on a Stick 28

Celery
Baby Carrots
Green Peas

Seasonal Fruit

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Cucumbers
Romaine Lettuce
Jicama

Seasonal Fruit

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Tomatoes
Baby Carrots
Celery

Seasonal Fruit

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Cucumbers
Baby Carrots
Celery

Seasonal Fruit

PRICES

HARVEST OF THE MONTH



EXTRA INFO

