



Don't forget to eat your vegetables.

MS~HS

Fruit & Vegetable Bar

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

May

2017

MONDAY

Children's Book Week 1

Tomatoes
Cauliflower
Celery

Seasonal Fruit

TUESDAY

2

Beans
Baby Carrots
Tomatoes

Seasonal Fruit

WEDNESDAY

Teacher Appreciation 3

Baby Carrots
Cucumber Slices
Peas

Seasonal Fruit

THURSDAY

4

Celery
Broccoli
Veggie

Seasonal Fruit

FRIDAY

5

Cinco de Mayo
Baby Carrots
Cucumber Slices
Veggie

Seasonal Fruit

8

Baby Carrots
Spinach
Beans

Seasonal Fruit

9

Celery Sticks
Tomatoes
Jicama

Seasonal Fruit

10

Celery Sticks
Cucumber Slices
Spinach

Seasonal Fruit

11

Cucumber Slices
Baby Carrots
Veggie

Seasonal Fruit

12

Pepper Medley
Baby Carrots
Veggie

Seasonal Fruit

15

Tomatoes
Celery Sticks
Jicama

Seasonal Fruit

16

Baby Carrots
Broccoli Florets
Beans

Seasonal Fruit

17

Baby Spinach
Cucumber Slices

Creamy Coleslaw

Seasonal Fruit

18

HOM~Honeydew & Mint

Baby Carrots
Tomatoes
Veggie

**Minted Honeydew
Fruit Salad**

Seasonal Fruit

19

Celery
Cauliflower
Veggie

Seasonal Fruit

22

HOM ~ Asparagus

Celery
Cucumber Slices
Beans

Steamed Asparagus

Seasonal Fruit

23

Red Pepper Sticks
Celery Sticks
Jicama

Seasonal Fruit

24

Broccoli Florets
Baby Carrots
Green Peas

Seasonal Fruit

25

Baby Carrots
Pepper Medley
Veggie

Seasonal Fruit

26

Tomatoes
Celery
Veggie

Seasonal Fruit

29

MEMORIAL DAY

30

Veggies

Seasonal Fruit

31

Veggies

Seasonal Fruit



Choose **MyPlate.gov**



PRICES

HARVEST OF THE MONTH



EXTRA INFO

