



Don't forget to eat your vegetables.

# Elementary Fruit and Vegetable

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

October  
2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Steamed Corn

Broccoli Florets  
Baby Carrots

Fruit

3

Refried Beans

Tomatoes  
Romaine Lettuce

Fruit

4

Cucumbers  
Tomatoes  
Celery Sticks

Fruit

5

Tator Tots

Baby Spinach  
Peppers

Fruit

6

Vegetable Choice  
Baby Carrots  
Radishes

Fruit

9

Mashed Potatoes

Tomatoes  
Romaine Lettuce

Fruit

10

Breakfast Potatoes

Broccoli Florets  
Cucumbers

Fruit

11

Tator Tots

Romaine Lettuce  
Cucumber Slices

Fruit

12

Garden Green Beans

Tomatoes  
Baby Carrots

Fruit

13

NO SCHOOL

16

Potato Wedges

Celery Sticks  
Tomatoes

Fruit

17

Refried Beans

Tomatoes  
Romaine Lettuce  
Fruit

18

Creamy Coleslaw

Broccoli  
Baby Carrots

Fruit

19

Mashed Potatoes

Baby Spinach  
Baby Carrots

Fruit

20

Garden Salad

Vegetable Choice  
Red Peppers

Fruit

23

Refried Beans

Tomatoes  
Celery Sticks

Fruit

24

Breakfast Potatoes

Baby Carrots  
Broccoli Florets

Fruit

25

Garden Green Beans

Baby Carrots  
Cucumber Slices

Fruit

26

Golden French Fries

Vegetable Choice  
Tomatoes

Fruit

27

NO SCHOOL

30

Steamed Green Peas

Romaine Lettuce  
Cucumber Slices

Fruit

31

Tator Tots

Red Peppers  
Celery Sticks

Fruit

Choose **MyPlate.gov**

**PRICES**

**HARVEST OF THE MONTH**

**EXTRA INFO**