



Don't forget to eat your vegetables.

# MS/HS

## 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

Green Peas  
Broccoli Florets  
Baby Carrots

Fruit

3

Beans  
Baby Carrots  
Radishes

Fruit

4

Beans  
Tomatoes  
Celery Sticks

Fruit

5

Corn  
Baby Spinach  
Peppers

Fruit

6

Vegetable Choice  
Tomatoes  
Romaine Lettuce

Fruit

9

Beans  
Tomatoes  
Cauliflower

Fruit

10

Green Peas  
Tomatoes  
Romaine Lettuce

Fruit

11

Green Peas  
Baby Carrots  
Cucumber Slices

Fruit

12

Radishes  
Baby Carrots  
Broccoli

Fruit

13

Vegetable Choice  
Beans  
Cucumber Slices

Fruit

16

Baby Carrots  
Celery Sticks  
Beans

Fruit

17

Green Peas  
Baby Carrots  
Broccoli Florets

Fruit

18

Corn  
Baby Spinach  
Cucumber Slices

Fruit

19

Lettuce  
Beans  
Tomatoes

Fruit

20

Vegetable Choice  
Cauliflower  
Baby Carrots

Fruit

23

Beans  
Tomatoes  
Celery Sticks

Fruit

24

Green Peas  
Baby Carrots  
Broccoli Florets

Fruit

25

Corn  
Baby Spinach  
Cucumber Slices

Fruit

26

Baby Carrots  
Beans  
Tomatoes

Fruit

27

Vegetable Choices  
Cauliflower  
Baby Spinach

Fruit

30

Beans  
Baby Spinach  
Cucumber Slices

Fruit

31

Baby Carrots  
Red Peppers  
Celery Sticks

Fruit

Corn  
Broccoli  
Baby Carrots

Fruit

Choose **MyPlate.gov**

**PRICES**

**HARVEST OF THE MONTH**

**EXTRA INFO**