



Don't forget to eat your vegetables.

Peshtigo School District 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

Cucumbers
Broccoli Florets
Baby Carrots

Honeydew Melon

3

Baby Carrots
Tomatoes
Radishes

Apples

4

Garbanzo Beans
Tomatoes
Celery Sticks

Bananas

5

Jicama
Baby Spinach
Green Peppers

Pineapple Tidbits

6

Cauliflower
Romaine Lettuce
Baby Carrots

Applesauce

9

Celery Sticks
Tomatoes
Cauliflower

Orange Juice

10

Baby Carrots
Broccoli Florets
Baby Spinach

Cantaloupe

11

Red Peppers
Baby Carrots
Cucumber Slices

Diced Peaches

12

Green Peppers
Tomatoes
Romaine Lettuce

Mixed Fruit

13

Pepper Medley
Black Beans
Cucumber Slices

Pineapple

16

Baby Carrots
Celery Sticks
Tomatoes

Applesauce

17

Broccoli Salad
Pinto Beans
Baby Spinach

Pineapple Tidbits

18

Jicama
Broccoli
Cauliflower

Honeydew Melon

19

Corn Firenza Salad
Baby Spinach
Baby Carrots

Bananas

20

Cucumbers
Red Peppers
Romaine Lettuce

Apples

23

Vegetable Choice
Tomatoes
Celery Sticks

Orange Juice

24

Pinto Beans
Baby Carrots
Broccoli Florets

Cantaloupe

25

Baby Spinach
Baby Carrots
Cucumber Slices

Diced Peaches

26

Kale Salad
Black Beans
Tomatoes

Mixed Fruit

27

Broccoli
Cauliflower
Baby Spinach

Pineapple

30

Garbanzo Beans
Baby Spinach
Cucumber Slices

Applesauce

31

Broccoli Salad
Red Peppers
Celery Sticks

Pineapple Tidbits

Nov 1

Baby Carrots
Broccoli
Cauliflower

Honeydew Melon

Choose **MyPlate.gov**

PRICES

Regular	\$2.75
Reduced	\$0.40
Adult	\$3.55
MS/HS	\$3.00

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact the Foodservice Director at: collinsj@peshtigo.k12.wi.us

