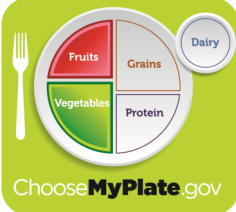


F&V Snack Menu

November 2017



WE ARE YOUR SCHOOLS

Make half your plate fruits & veggies!		1 Red Pear	2 Cucumber Coins with Dip	3 No School Today
6 Apple	7 Grape Giggles	8 Matchstick Turnips	9 Banana	10 Ranch Carrots
13 Bosc Pear	14 Radish with dip	15 Orange Wedges	16 Jicama Sticks	17 Kiwi
20 Apple	21 Rainbow Carrots	22 Variety	23 Holiday	24 No School Today
27 Anjou Pear	28 Broccoli with Dip	29 Orange Wedges	30 Grape Tomatoes with dip	

Fun Radish Facts:

1. Radishes are edible root vegetables.
2. Its cousins are broccoli, cabbage, cauliflower, and turnip.
3. There are hundreds of varieties of radishes.
4. The most common use for raw radishes is in a salad!
5. Half a cup of sliced radishes is only 10 calories and a good source of vitamin C.

