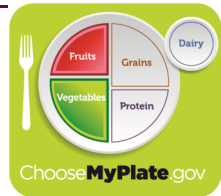


F&V Snack Menu

October 2017

2 Pear	3 Carrots with dip	4 Golden Delicious Apple	5 Zucchini Coins with dip	6 Banana
9 Grape Tomatoes w ranch dip	10 McIntosh Apple	11 Variety	12 Kiwi	13 No School Today
16 Honeycrisp Apple	17 Celery with Sun-Butter	18 Banana	19 Cucumber Coins with dip	20 Pineapple Wedges
23 Orange Wedges	24 Carrots with dip	25 Granny Smith Apple	26 Zucchini Coins with dip	27 Kiwi
30 Grape Giggles	31 Broccoli with dip	Make half your plate fruits & veggies!		 ChooseMyPlate.gov

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7,500 varieties of apples are grown throughout the world. If you tried a different apple every day it would take you about 20 years to sample them all!!