

F&V Snack Menu

January 2019

7 Apple	8 Carrots with Dip	9 Blood Orange	10 Cucumber with dip	11 Pear
14 Clementine	15 Grape Tomatoes	16 Orange Wedges	17 Celery with Ranch dip	18 Lemon Slices
21 No School	22 Blood Orange	23 Carrots with Dip	24 Kumquats	25 Sugar Snap Peas with dip
28 Apple Wedges	29 Celery with Ranch dip	30 Clementine	31 Broccoli with Dip	Feb 1 Kiwi



The Lemon grows on an evergreen tree, it blooms (a white flower) and produces fruit all year round. Each tree can produce between 500– 600 pounds of lemons a year!!

Make half your plate fruits & veggies!

