

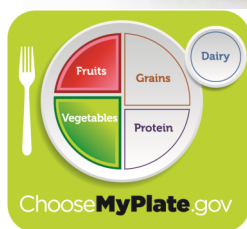
F&V Snack Menu

March 2019

				1 Kiwi
4 Variety	5 Rainbow Sliced Carrots with dip	6 Banana	7 Cucumber Coins with dip	8 Apple Wedges
11 Pear	12 Celery with dip	13 Orange	14 Green Pepper with dip	15 Kiwi
18 Grape Giggles	19 Baby Carrots with Dip	20 Strawberries	21 Broccoli with dip	22 Ranch Carrots
25 Apple Wedges	26 Sugar Snap Peas with dip	27 Banana	28 Green Pepper with dip	29 Orange



- Bell Peppers come in a variety of colors including: green, red, orange, yellow, white, and purple!!
- As a green pepper ripens, it turns red and gets sweeter.
- Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables!!



Make half your plate fruits & veggies!