



F&V Snack Menu

May 2018



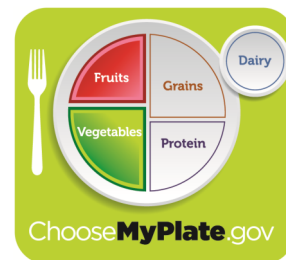
WE ARE YOUR SCHOOLS

This institution is an equal opportunity provider

	1 Orange	2 Broccoli with dip	3 Strawberries	4 Blueberries
7 Pear	8 Carrot with dip	9 Kiwi	10 Sugar Snap Peas with dip	11 Grape Giggles
14 Apple	15 Celery with Sun Butter	16 Strawberries	17 Cucumber Coins w/dip	18 Banana
21 Orange	22 Broccoli with dip	23 Cantaloupe Cubes	24 Sugar Snap Peas with dip	25 No School
28 Holiday	29 Apple	30 Variety Snack	31 No Snack	



Blueberries are one of the most antioxidant rich foods in the world. Antioxidants are necessary for life and are well known to reverse and prevent heart disease and even cancer. High in fiber these little gems help keep your cholesterol low which, in turn, keeps your heart healthy.



Make half your plate fruits & veggies!