



# FRESH FRUIT AND VEGETABLE

## NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  NO SCHOOL
4  Watermelon	5  Baby Carrots	6  Honey Dew	7  Cucumber Slices	8  Whole Red Apple
11 P  Pineapple Chunks	12  Celery Sticks	13  Grapefruit Slices	14  Grape Tomato	15  Clementine
18  Apple Slices	19  Cauliflower	20  Mango Chunks	21  Multi-colored Carrot Coins	22  Red Grapes
25  Orange Slices	26  Broccoli Buds			