

October 2018

Fresh Fruit & Vegetable Snack Program

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Sweet Potato Sticks	3	4 Plums	5
8	9 Green D'Anjou	10	11 GREAT APPLE CRUNCH DAY! Jonathan Apples (Local)	12
15	16 Red Pepper Sticks	17	18 Honey Crisp Apple	19
22	23 Beet Sticks	24	25 Grapes	26
29	30 Sugar Snap Peas	31		



Did you know?

Plums are grown on every continent except Antarctica!

During the middle ages, beets were used to cure different illnesses!

Grapes are actually considered a berry!

