













Fresh Fruit and Vegetable Program – October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
5	6 Squash & Zucchini Cup w/ LF Dip 	7 CRUNCH Day Jonathan Apple 	8 Pineapple Cubes 	9
12	13 Clementine 	14 Sugar Snap Peas 	15 Honey Crisp Apple 	16
19	20 Muscadine Grapes 	21 Mini Peppers 	22 Grapefruit 	23
26	27 Rainbow Carrots 	28 Fuji Apple 	29 Persimmon 	30