

SEPTEMBER 2025



Fall into fresh fruits and veggies!!

We are falling into healthy habits with a rainbow of color!

Crunchy Snow Peas are special because, like sugar snap peas, their pods are completely edible!

Did you know that an individual pineapple can take over two years to grow!



Click the link for more great fruit and veggie facts!

<https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:443580d1-cb3b-4b91-a675-47c813c38cf8?viewer%21megaVerb=group-discover>



This institution is an equal opportunity provider.

MON	TUE	WED	THU	FRI
1 EQUAL OPPORTUNITY EMPLOYER	2	3 Kiwi Fruit Cucumbers with Light Ranch	4 Pineapple Spears Snow Peas	5 Apple Slices Zucchini with Light Ranch
8 Blood Orange Wedges Carrot Sticks	9 Honey Dew Snow Peas	10 Banana Cucumbers with Light Ranch	11 Grapes Purple Broccoli	12 Watermelon Yellow Peppers
15 Cantaloupe Blueberries	16 Honey Dew Carrot Coins	17 Zucchini with Light Ranch Strawberries	18 Blood Orange Wedges Broccoli	19 Pineapple Cauliflower with Ranch
22 Apple Slices Red Peppers	23 Snow Peas Green grapes	24 Peaches Carrot Sticks with Ranch	25 Watermelon Snow Peas	26 Kiwi Fruit Cucumbers with Light Ranch
29 Fresh mixed Fruit Celery Sticks with Light Ranch	30 Blueberries Purple Broccoli	<p><i>Sweet potatoes are not actually potatoes, nor are they related to yams, despite the common misconception. They are a root vegetable with a vibrant history, known for their nutritional value and versatility. They are packed with vitamins A, C, and B6, as well as fiber and potassium.</i></p> 		