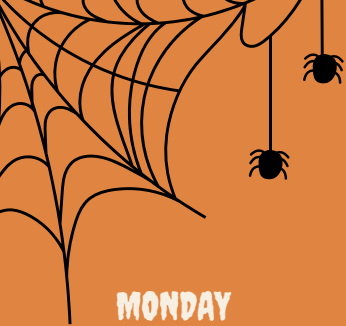




OCTOBER 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5
Apples

6
Watermelon
Slices

7
Pineapple
Chunks

8
Carrots
with Lite
Ranch

9
Sweet
Pepper

12

13
Pear Slices

14
Bananas

15
Starfruit

16
Cucumber
Wedges with
lite Ranch

19
Apples

20
Carrot
Sticks with
Lite Ranch

21
Strawberries

22
Grapes

23
Sugar snap
Peas

26
Plums

27
Cucumber
Wedges

28
Peaches

29
Sweet
Peppers

30
Apples

 DID YOU
KNOW?

STRAWBERRIES
ARE THE ONLY
FRUIT WITH
THEIR SEEDS ON
THE OUTSIDE! 

A SINGLE
STRAWBERRY
CAN HAVE 200
OR MORE TINY
SEEDS ON ITS
SURFACE. THOSE
LITTLE "SEEDS"
ARE ACTUALLY
CALLED
ACHENES, AND
EACH ONE CAN
CONTAIN A
STRAWBERRY
SEED!

