




OCTOBER 2019

FRESH FRUITS & VEGETABLE

Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
	1 *Delay due to award letter not being received.	2 	3	4
7	8	9	10 Mango	11 Pineapple
14 Edamame	15 Carrots Snackers Chili lime	16 HARVEST Grapes	17 OF THE Grapes	18 WEEK Grapes
21 Carrots Snackers Chili lime	22 Cantaloupe	23 Apples - Red	24 No School Elementary Conferences	25 No School Elementary Conferences
28 	29 Cucumber	30 Jicama	31 Bananas 	

**— KID FRIENDLY —
SNACKS**



Flip for recipes.

CRUNCHY ANTS ON A LOG
Wash celery and cut in half. Top with peanut butter (or almond butter). Decorate by adding a slice of raisin on the top. Enjoy!

SPICY FRUIT AND VEGGIE CUPS
With the help of an adult, cut 1 cup each of fresh mango, watermelon, pineapple, papaya, jicama, and cucumber into spears. Drizzle with juice from one lime and sprinkle with 1 teaspoon chili powder. Divide into cups. Enjoy!

SAVORY AIR-POPPED POPCORN
Add 1/2 cup popcorn kernels to a medium paper bag. Fold the top over twice. Microwave on high until the popping has a one second gap about 1 1/2 to 2 1/2 minutes. Try topping with a little garlic powder, chili powder, or grated parmesan.

SWEET STRAWBERRY YOGURT POPS
Mix 1 cup low-fat strawberry yogurt with 8 chopped strawberries. Use an ice tray or paper cups as a mold, and pour in yogurt mixture. Cover tray or cups with plastic wrap or tin foil, and add craft sticks. Freeze about 4 hours or until firm.

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