




Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
2 Holiday	3 	4 Edamame	5 Mango	6 Frozen Pineapple Sticks
9	10 Grapes	11 Jicama Sticks	12 Grapes	13 Carrot Snackers Chili lime
16 	17 Cantaloupe	18 Apples – Red	19 Yam Sticks	20 Pineapple
23	24 Cucumber coins	25 Apples - Red	26 Bananas (WR) Grapes (Ina and MB)	27 Carrot Snackers Chili Lime
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Kiwi Berry Blend

Makes 4 servings. 1 cup per serving.
Prep time: 5 minutes

Ingredients

1-2 kiwis, sliced or cut in chunks
2 cups strawberries, cut in half

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced kiwis and strawberries.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.



Drink water instead of sugary drinks.

