



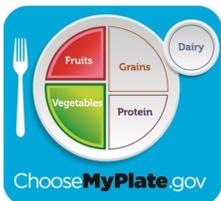
DISTRICT OF COLUMBIA PUBLIC SCHOOLS

TRADITIONAL YEAR AUGUST FRESH BAR MENU

Did you know—If you see a menu item in **green**, it's **local**, if you see it in **blue**, the meal has **international influence** and if you see it in **orange** it is a **Fresh Feature Friday** winner!



Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
8		9		10		11		12	
15		16		17		18		19	
22	Cucumber Coins Fresh Watermelon	23	Side Caesar Salad Fresh Peach	24	Baby Carrot Fresh Local Honeydew	25	Celery Sticks Fresh Orange Wedges	26	Broccoli Florets Fresh Local Apple
29	Cucumber Coins Fresh Watermelon	30	Side Caesar Salad Fresh Peach	31	Baby Carrot Fresh Local Honeydew				



Fill Up on Fruits & Veggies!

Did you know that half of your plate should be filled with fruits and vegetables? Now you can use the Fresh Bar to fill up your plates with fun! Each day you can choose from different color fruits and veggies. There are 5 color groups to choose from: **blue/purple**, **green**, **white**, **yellow/orange**, and **red**. **Can you eat all 5?**