



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!



SEPTEMBER FRESH BAR MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Celery Sticks Fresh Orange Wedges	2 Broccoli Florets Fresh Local Apple
5 Labor Day No School	6 Side Caesar Salad Fresh Peach	7 Baby Carrot Fresh Local Honeydew	8 Celery Sticks Fresh Orange Wedges	9 Broccoli Florets Fresh Local Apple
12 Cucumber Coins Fresh Watermelon	13 Side Caesar Salad Fresh Peach	14 Baby Carrot Fresh Local Honeydew	15 Celery Sticks Fresh Orange Wedges	16 Broccoli Florets Fresh Local Apple
19 Cucumber Coins Fresh Watermelon	20 Side Caesar Salad Fresh Peach	21 Baby Carrot Fresh Local Honeydew	22 Celery Sticks Fresh Orange Wedges	23 Broccoli Florets Fresh Local Apple
26 Cucumber Coins Fresh Watermelon	27 Side Caesar Salad Fresh Peach	28 Baby Carrot Fresh Local Honeydew	29 Celery Sticks Fresh Orange Wedges	30 Professional Development Day No School



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?**