



FFVP J.O. WILSON MENU NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Purple Grapes	Arugula	Honeydew	
9	10	11	12	13
	Kale	Veterans Day No School	Plum	
16	17	18	19	20
	Kohlrabi	Bosc Pear	Baby Corn	
23	24	25	26	27
	Granny Smith Apple	Cherry Tomato	Thanksgiving Day	No School

FFVP Focus November:

Kohlrabi

In German, Kohl means "cabbage" and rube(rabi) means "turnip". It comes in two varieties: one deep purple and the other vibrant green. Both have pale green to white flesh. It is common in Indian cooking, especially dishes from the Kashmir region. Kohlrabi can be eaten raw or cooked -try Kohlrabi pancakes! The vegetable is high in vitamin C and fiber and is a good source of vitamin B6 and potassium.



All Vegetables are to be served with 1 low fat dressing packet

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