



## FFVP 2-DAY MENU NOVEMBER

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

USDA is an equal opportunity provider and employer