



December Fresh Fruit & Vegetable Program Menu

FFVP Focus: Red Beets

Some types of beets are used to make sugar; 55-65% of sugar produced in the United States comes from sugar beets.

Test your knowledge:

What part of the plant is a beet?

Answer: The root!

Make sure to try red beets at your school on

Wednesday, November 8th!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/29	11/30	1 • Orange Pepper Strips • Italian Dressing	2	3 • Grapefruit wedges
6	7	8 • Red Beets • Ranch Packet	9	10 • Red Pear Slices
13	14	15 • Radish Sliced • Italian packet	16	17 • Pineapple Wedges
20	21	22 • Sugar snap pea • Ranch packet	23 No School	24 No School
27 No School	28 No School	29 No School	30 No School	31 No School