



October Fresh Fruit & Vegetable Program

DID YOU KNOW?

Carambola, also called starfruit, get their name from their star-like shape. This yellow-orange fruit grows on tall trees that bloom bright pink and purple flowers. One tree can grow 400 pounds of fruit every year. That is as much as a gorilla weighs!

Starfruit are both sweet and sour and are soft and juicy on the inside, just like grapes. They taste like a mix of green apple and orange!

Try starfruit on October 14th!

Scan the QR code to learn more about fruits & veggies!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 <ul style="list-style-type: none"> • red pepper slices • italian dressing 	6	7 no school
10	11	12 <ul style="list-style-type: none"> • zucchini sticks • ranch dressing 	13	14 <ul style="list-style-type: none"> • starfruit
17	18	19 <ul style="list-style-type: none"> • turnips • italian dressing 	20	21 <ul style="list-style-type: none"> • pineapple
24	25	26 <ul style="list-style-type: none"> • sugar snap peas • ranch dressing 	27	28 <ul style="list-style-type: none"> • mango chunks
31	11/1	11/2 <ul style="list-style-type: none"> • radishes • italian dressing 	11/3	11/4 <ul style="list-style-type: none"> • kiwi slices

