



FFVP J.O. WILSON MENU OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Bartlett Pears	
5	6	7	8	9
	Cantaloupe	Golden Delicious Apples	Red Belgian Endive	PD Day No School
12	13	14	15	16
Columbus Day No School	Honeydew	Jicama	Red Grapes	
19	20	21	22	23
Parent Teacher Conf. Day No School	Baby Bok Choy	Gala Apples	Carrot Sticks	
26	27	28	29	30
	Kiwi	Papaya	Snow Peas	

FFVP Focus October:

BELGIAN ENDIVE

A vegetable, unlike any other, that sprouts from the root of another plant, but only when the root is replanted in a dark warehouse. The lack of sunlight is what gives the leaves a white color. It has a tangy, deep, well rounded flavor. It is highly nutritious with high levels of potassium and vitamins B and C! It's also low in calories and sodium!



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

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