



FFVP MENU OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				Bartlett Pears
5	6	7	8	9
Cantaloupe		Red Belgian Endive		PD Day No School
12	13	14	15	16
Columbus Day No School		Jicama		Red Grapes
19	20	21	22	23
Parent Teacher Conf. Day No School		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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