Daily Fresh Fruit & Vegetable Offerings
Elementary Sites

BREAKFAST FRUIT

2 1/2 CUP PORTIONS OF FRUIT MUST BE OFFERED DAILY
STUDENTS MUST TAKE ONE SERVING FRUIT OR JUICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APPLESAUCE 100% FRUIT JUICE RAISINS	APPLE SLICES DICED FRUIT CUP RAISINS	BANANAS PEARS RAISINS	APPLE SLICES 100% FRUIT JUICE RAISINS	APPLES-WHOLE SLICED ORANGES RAISINS

LUNCH FRUIT

2 1/2 CUP PORTIONS OF FRUIT MUST BE OFFERED DAILY
STUDENTS MUST TAKE ONE SERVING FRUIT OR VEGETABLE

APPLES-WHOLE DICED FRUIT CUP FLAVORED RAISINS	PEARS SLICED ORANGES RAISINS	SEASONAL FRUIT APPLES-WHOLE FLAVORED RAISINS	SLICED APPLES BANANA RAISINS	SEASONAL FRUIT FROZEN FRUIT CUP RAISINS

LUNCH VEGETABLE

2 1/2 CUP PORTIONS OF VEGETABLES MUST BE OFFERED DAILY
STUDENTS MUST TAKE ONE SERVING FRUIT OR VEGETABLE

CORN OR PEAS BAKED BEANS BABY CARROTS	CUCUMBER EDAMAME BABY CARROTS	CAESAR SALAD POTATO VARIETY BABY CARROTS	CORN OR PEAS CELERY JICAMA BABY CARROTS	GARDEN SALAD FAVA BEANS OR CHICKPEAS BABY CARROTS

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