

# Daily Produce

## BREAKFAST FRUIT

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

MONDAY

APPLESAUCE  
100% JUICE  
RAISINS

TUESDAY

APPLE SLICES  
DICED FRUIT CUP  
RAISINS

WEDNESDAY

BANANAS  
PEARS  
RAISINS

THURSDAY

APPLE SLICES  
ORANGE SLICES  
RAISINS

FRIDAY

APPLES-WHOLE  
100% JUICE  
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