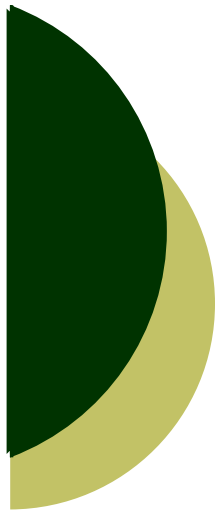


















March 2019



FRESH FRUIT & VEGETABLE PROGRAM



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Clementine 
4 Granny Smith Apple 	5 Bell Peppers with Dip 	6 Pineapple Chunks 	7 Cucumber Slices 	8 Watermelon Cubes 
11 Orange Wedges 	12 Grape Tomatoes 	13 Fresh Strawberries 	14 Sugar Snap Pea Pods 	15 Kiwi Halves 
18 Red Apple 	19 Celery Sticks with Dip 	20 Red Grapes 	21 Baby Carrots 	22 Petite Banana 
25 No School—Spring Break	26 No School—Spring Break	27 No School—Spring Break	28 No School—Spring Break	29 No School—Spring Break

Fresh Fruit and Vegetable Activity for March: Think like a Chef!

Ask students to imagine that they are chefs who own a popular restaurant. Explain that for one day a month, the restaurant features a meal that celebrates fruits and vegetables. Have students design a menu for the day. They should come up with breakfast, lunch and dinner options that highlight fruits and vegetables.