



Don't forget to eat your vegetables.

FFV Snack Program Menu

April 2018

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Apples

3

Cucumbers

4

Red Grapes

5

Mixed Peppers

6

Cantaloupe

9

Broccoli

10

Oranges

11

Green Grapes

12

Celery

13

Strawberries

16

Raspberries

17

Honey Dew

18

Red Grapes

19

Cauliflower

20

Bananas

23

Plums

24

Cherry Tomatoes

25

Green Grapes

26

Blueberries

27

Pineapple

30

Carrots

1

Choose **MyPlate**.gov

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
Milk	\$0.45

HARVEST OF THE MONTH

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
 Entree Salads are served with Dinner Roll
 For questions or comments, contact Mindy Riibe at 712-621-0042 or email riiem@roschools.org