






Fresh Fruit and Vegetable Program Sample Weekly Snack Menu

Week of: _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Haralson Apples</p> 	<p>Green and Red Pepper Strips</p> 	<p>Blueberries</p> 	<p>Garden Fresh Green Beans</p> 	<p>Wacky Watermelon</p> 



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Week of: _____

Monday	Haralson Apples—grown in Minnesota
Tuesday	Green and Red Pepper Strips
Wednesday	Blueberries
Thursday	Garden Fresh Green Beans
Friday	Wacky Watermelon—grown in Minnesota



Fresh Fruit and Vegetable Program Sample Monthly Snack Menu

Month of: _____

Monday	Tuesday	Wednesday	Thursday	Friday
Jicama	Orange Smiles	Cauliflower	Garden Fresh Green Beans*	Blueberries
Haralson Apples*	Cucumber Slices	Mango	Green and Red Pepper Strips	Wacky Watermelon*
Bananas	Cantaloupe	Cherry Tomatoes*	Sweet Potato Sticks	Bartlett Pears
Strawberries	Zucchini Sticks*	Clementines	Celery and Carrots	Sugar Snap Peas*
Purple Carrots*	Grapefruit Sections	Broccoli and Radishes	Pineapple Spears	Plums

*Local item



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Trivia Question: