




















# September 2018 Fresh Fruit and Vegetable Program



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	8	7
<b>LABOR DAY</b>	 <b>Honeydew Melon</b>	 <b>Grape Tomatoes</b>	 <b>Strawberries</b>	 <b>Red Grapes</b>
 <b>Pineapple</b>	 <b>Cantaloupe</b>	 <b>Green Beans</b>	 <b>Mango</b>	 <b>Celery Sticks</b>
 <b>Honeydew Melon</b>	 <b>Red Grapes</b>	 <b>Strawberries</b>	 <b>Grape Tomatoes</b>	 <b>Blueberries</b>
 <b>Mango</b>	 <b>Zucchini Coins</b>	 <b>Pineapple</b>	 <b>Cantaloupe</b>	 <b>Strawberries</b>



**SEPTEMBER FRUIT FACTS:** Strawberries are an excellent source of vitamins C & K. The heart-shaped silhouette of the strawberry is the first clue this fruit is good for you!

