



Fresh Fruit & Veggie Bar

November 2017

10/30-11/3

Offered Monday Only:	Offered Monday- Wednesday:	Offered Thursday- Friday:
Cinnamon Grahams	Red Peppers Celery Sticks	Green Pepper Strips Cherry Tomatoes
Offered Daily:	Local Apples	Local Apples
Side Salad, Apples and Oranges	Diced Pears	Diced Peaches

11/6-11/10

Offered Monday Only:	Offered Monday- Wednesday:	Offered Thursday- Friday:
No School	Green Pepper Strips Cherry Tomatoes	Baby Carrots Zucchini Coins
Offered Daily:	Local Apples	Local Apple Slices
Side Salad, Apples and Oranges	Diced Peaches	Strawberry Cups

11/13-11/17

Offered Monday Only:	Offered Monday- Wednesday:	Offered Thursday- Friday:
Cinnamon Grahams	Baby Carrots Zucchini Coins	Cucumber Coins Red Pepper Strips
Offered Daily:	Local Apple Slices	Local Apples
Side Salad, Apples and Oranges	Strawberry Cups	Applesauce

11/20-11/24

Offered Monday Only:	Offered Monday- Wednesday:	Offered Thursday- Friday:
Cinnamon Grahams	Cucumber Coins Red Pepper Strips	Green Pepper Strips Baby Carrots
Offered Daily:	Local Apples	Fresh Pears
Side Salad, Apples and Oranges	Applesauce	Diced Pineapple

11/20-11/24

Offered Monday Only:	Offered Monday- Wednesday:	Offered Thursday- Friday:
Cinnamon Grahams	Green Pepper Strips Baby Carrots	Green Pepper Strips Baby Carrots
Offered Daily:	Fresh Pears	Fresh Pears
Side Salad, Apples and Oranges	Diced Pineapple	Diced Pineapple

Scituate Schools Fruit and Veggie Bar Menu

A well balanced meal will give you energy and nutrition you need to fuel your brain and body for a busy day.
All of our meals conform to the new USDA standards.