

NOVEMBER 2022

Transylvania County Schools

Fresh Fruit and Vegetable Program-Carb Counts

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Teacher
Workday

2
Local Granny
Smith Apple



14g

3
Sweet Potato
Sticks



13g

7
Local Gala Apple



13.75 g

8
Zucchini Coins
w/ Ranch Dip



2g

9
Fruit Medley



9g

14
Local Red Apple



21g

15
Broccoli
w/ Ranch Dip



6g

16
Plums



19g

17
Cantaloupe



7g

18
No School

21
Happy
Thanksgiving!

22
Pineapple Chunks



11g

23
Celery Sticks
w/ Ranch Dip



3g

24
Did you know?

25
The full moon in November
is traditionally called the
Beaver Moon in the US.

The USDA-Fresh Fruit and Vegetable Grant Program is available to qualifying Elementary Schools in North Carolina upon application.

We are pleased to announce that for school year 2022-2023 Transylvania County Schools qualified for this wonderful program and will be able to provide a fresh fruit or vegetable snack to all elementary students on Tuesdays, Wednesdays and Thursdays each week.

This Menu is Subject to Change Due to the Availability and Pricing of Fresh Fruit and Vegetable Items.

Revised 11/02/2022

USDA is an equal opportunity provider.