

October 2022

Transylvania County Schools

Fresh Fruit and Vegetable Program Menu & Carb Counts

MONDAY

3

TUESDAY

4

Grapefruit
Wedges 21g



WEDNESDAY

5

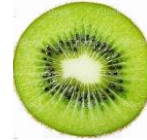
Cucumber Slices 1.9g
w/ Ranch Dip 2g



THURSDAY

6

Kiwi 10g



FRIDAY

7

10

Honeydew 8g



11

Grape Tomatoes 6g
Pre-K Carrot Sticks 6g
w/ Ranch Dip 2g



13

Pineapple Chunks 11g



14

17

Clementine 9g



18

Sugar Snap Peas 2.5g
w/ Ranch Dip 2g



20

Local Sliced Apples 7g



21

24

Mango Chunks 12g



25

Rainbow Coins 6g
w/ Ranch Dip 2g



27

Black Plum 8g



28

31



Did you know?

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.



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.

Created 9/8/2022

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