

# October 2022

# Transylvania County Schools

## Fresh Fruit and Vegetable Program Menus

MONDAY

3

TUESDAY

4

Grapefruit  
Wedges



WEDNESDAY

5

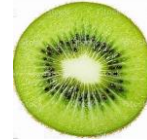
Cucumber Slices  
w/ Ranch Dip



THURSDAY

6

Kiwi



FRIDAY

7

10

Honeydew



11

Grape Tomatoes  
Pre-K Carrot Sticks  
w/ Ranch Dip



13

Pineapple Chunks



14

17

Clementine



18

Rainbow Coins w/  
Ranch Dip



19

Local Sliced Apples



20

21

24

Mango Chunks



25

Sugar Snap Peas  
w/ Ranch Dip



26

27

Black Plum



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

USDA is an equal opportunity provider.