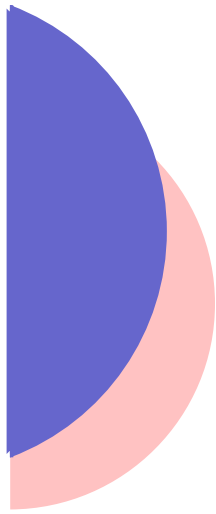
























May 2019



FRESH FRUIT & VEGETABLE PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cantaloupe Chunks 	2 Jicama Sticks 	3 Honeydew Cubes 
6 Granny Smith Apple 	7 Grape Tomatoes 	8 Pineapple Chunks 	9 Carrot Sticks 	10 Watermelon Cubes 
13 Orange Wedges 	14 Mini Sweet Peppers 	15 Fresh Strawberries 	16 Sugar Snap Pea Pods 	17 Fresh Pear 
20 Red Apple 	21 Celery Sticks with Dip 	22 Red Grapes 	23 Mini Cucumbers 	24 Petite Banana 
27 No School—Memorial Day	28 Baby Carrots 	29 Green Grapes 	30 Jicama Sticks with Dip 	31 Cantaloupe Chunks 

Fresh Fruit and Vegetable Spotlight for May: Mini Cucumbers!

Mini cucumbers are the perfect snack because you can eat them whole. The skin on mini cucumbers are thin and less bitter than regular cucumbers. Plus, they are a seedless, juicy, fun snack! Enjoy this crisp and delicious treat!

Classroom Activity: Fresh Choices!

Ask students to imagine that they are shopping for fruits and vegetables at the grocery store. Read aloud the following descriptions, and have the students call out "buy" or "don't buy" based on how fresh they think the item is.

1. A dry, heavy onion. 2. Lettuce with wilting leaves. 3. A banana that has black marks on the skin. 4. A corn on the cob that has firm, small kernels. 5. A pear that dents when you push on the skin.

Answers: 1. buy; 2. don't buy; 3. don't buy; 4. buy; 5. don't buy