



















# November 2018

**FRESH  
FRUIT &  
VEGETABLE  
PROGRAM**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Celery Sticks 	2 Watermelon Cubes 
5 Red Apple 	6 No School	7 Cantaloupe Chunks 	8 Green Bell Peppers with Dip 	9 Nectarine 
12 Fresh Pear 	13 Grape Tomatoes 	14 Red Grapes 	15 Sliced Cucumbers 	16 Petite Banana 
19 Clementine 	20 Broccoli with Dip 	21 No School	22 No School	23 No School
26 Golden Delicious Apple 	27 Sugar Snap Pea Pods 	28 Strawberries 	29 Carrot Sticks 	30 Pineapple Cubes 

## Fresh Fruit and Vegetable Activity for November: Did you know?

- Carrots were first grown for medicine, not food.
- In the past, carrots were used to decorate hats of royalty.
- Carrots are sweeter in the winter! Sugar acts as a natural anti-freeze and can lower the freezing point of water. Carrots increase their sugar content to defend against cold weather.
- It is true that eating massive amounts of carrots can sometimes cause a person's skin to turn yellowish orange.

**Joke of the Month: What do bananas do best in gymnastics? *The splits!***

