



## Loleta Elementary School Cougar Cafe

### Fresh Fruit & Vegetable Program Menu

August/September 2022

Provided **FREE** to all enrolled students due to the FFVP Grant.

Morning Snack Served **9:30-10:30am**

Monday	Tuesday	Wednesday	Thursday	Friday
<u>22</u> Apple	<u>23</u> Cucumber Sticks	<u>24</u> Nectarine	<u>25</u> Grape Tomatoes	<u>26</u> Forage Friday
<u>29</u> Plum	<u>30</u> Cucumber Sticks	<u>31</u> Nectarine	<u>1</u> Carroteenies	<u>2</u> Forage Friday
<u>5</u> No School Labor Day	<u>6</u> Apple	<u>7</u> Cherry Tomatoes	<u>8</u> Snap Peas	<u>9</u> Forage Friday
<u>12</u> Apple	<u>13</u> Beans	<u>14</u> Plum	<u>15</u> Beans	<u>16</u> Forage Friday
<u>19</u> Melon	<u>20</u> Cherry Tomatoes	<u>21</u> Apple	<u>22</u> Corn	<u>23</u> Forage Friday
<u>26</u> Apple	<u>27</u> Snap Peas	<u>28</u> Melon	<u>29</u> Zucchini	<u>30</u> Forage Friday

This Menu is subject to change without notice

Our vision is to provide superior customer service while ensuring equity for all

### Carrots

- A ½ cup of carrots (fresh or cooked) provides more than 200% of the recommended Daily Value for vitamin A.
- Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections

### Apples

- A ½ cup of sliced apples is a source of fiber. It is found only in plant foods.
- Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation.

### Cucumbers

- A ½ cup of cucumbers is a good source of vitamin K, which helps your blood clot.
- Cucumbers are about 96% water.

### Melons

- A ½ cup of cantaloupe also provides an excellent source of vitamin A.
- Melons are a good source of carotenoids, which are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals. Free radicals can damage cells.