

Loleta Elementary School's Fresh Fruit & Vegetable Program

November 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>NO SCHOOL</b> Staff In Service Day	2 Apples	3 Carrot Sticks	4 Plums	5 Forage Friday
8 Apples	9 Pluots	10 Zucchini Sticks	11 <b>NO SCHOOL</b> Veteran's Day	12 Forage Friday
15 Apples	16 Carrot Sticks	17 Kiwi	18 Plums	19 Forage Friday
22	23	24	25	26
Thanksgiving Break No School This Week.				
29 Apples	30 Orange Wedges	Carrot Sticks	Melon	Forage Friday

Loleta Elementary School is able to provide this morning snack FREE to students due to the Fresh Fruit and Vegetable Grant.

**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.
- Try a bowl of sliced honeydew and cantaloupe for a cool and colorful snack.
- Make melon kabobs with cubed cantaloupe, honeydew, and watermelon. You can also add in berries for extra color!
- Blend seedless watermelon and freeze in ice cube trays. Add frozen watermelon cubes to sparkling water for a refreshing drink.

**Bell Peppers**

- A ½ cup of sweet peppers (green, yellow, and red) is an excellent source of vitamin C.
- A ½ cup of sweet red peppers is also a good source of vitamin B6, which helps your body build healthy blood cells.
- Mix in bell pepper slices to your morning eggs for a healthy start to your day.
- Add sautéed bell pepper slices to chicken dishes.
- Eat sliced bell peppers for an afternoon snack.

**THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**  
Our vision is to provide superior customer service while ensuring equity for all.