

HEALTHY Eating

October is an exciting month for healthy eating!

This month we will be participating in Apple Crunch Day Oct. 9th with locally grown Honeycrisp apples from Garwood Farms in LaPort.

When the kiddos come home ask them what Fennel taste like? (hint it is a black candy)
 When the kiddos come home ask them what a Kumquat taste like? (hint it is a candy)

What fruit or veggie would make a great Halloween character?

Draw a picture at home and turn it into the café.

Have a fun filled October and wonderful and healthy Fall Break!

October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Dragon Fruit		1		3	
Sugar Snap Peas					
Ludicrisp Apple for Crunch Day	7	8		10	
Parsnip Coins					
Papaya		15		17	
National School Lunch Week Fennel					
Honeydew	21	22		24	25
Kumquat	28	29		31	
Orange Pepper				HAPPY HALLOWEEN	
All Fresh produce subject to change based on availability.					
Watch for next Months Fresh Fruit and Veggies.					

FALL BREAK

HAPPY HALLOWEEN

