

# HEALTHY Eating

## Autumn Harvest Month!

What are some of your favorite fall meals?

Did you know that many of the colorful fruits and vegetables we enjoy in the fall are packed with vitamins and thrive in cooler temperatures, making them perfect to roast for healthy and hearty meals?

The kids will be trying all these veggies raw but they are also delicious roasted.

When they come home ask them how they liked the fruit and veggie of the week!

Have a wonderful and healthy Thanksgiving!

	Monday	Tuesday	Wednesday	Thursday	Friday
Kiwi	4	5		7	
Yellow Squash					
Star Fruit	11	12		14	
Haricot Vert (AKA French Green Bean)	Veterans Day				
Figs	18	19		21	
Zucchini					
	25	26	27	28	29
			<i>Thanksgiving Break</i>		
<i>November 2024</i>					