

HEALTHY

Eating

Welcome to May!

We are just weeks away for some fun in the sun!!

As we head into summer, think back on all the fruits and veggies we have tried this year.

What were your favorites?
Have a fruit and veggie picnic with your family and friends this summer to share these tasty treats?

Lets go back and try some of the favorite fruits and veggies we have tried this year.

When you child gets home ask them how they like the fruit and veggie of the week.

We want to wish everyone a health and nutritious summer break!

See all of you in August!

	MON	TUES	WED	THUR	FRI	
Watermelon				1		
Okra						
Mango	5	6		8		
Jimica						
Pineapple	12	13		15		
Broccoli and Cauliflower mix						
Mixed Fruit	19	20		22		
Red Pepper						
		27	28			



May 2025