



FRESHEALTH

OCTOBER 2024

THIS MONTH'S THEME:

MON TUE WED THU FRI

Spooky Snack Time

Happy October! We're super excited to bring you some tasty and fun fruits and veggies this month. You'll try sweet mango slices, crunchy orange peppers, juicy pink and yellow pineapple, and more!

During this spooky month, choose a fruit or veggie and explain why it would make a great Halloween character. Use your imagination and share with the class!

Here's an example:

- "I choose black grapes because they could be spooky eyeballs in a monster's lair!"

Have a fun-filled October and enjoy your healthy snacks!

This week's options:

Pink & Yellow Pineapple Chunks, 50x2oz
Green Beans, 50x2oz

Papaya Chunks, 36x2oz
Rainbow Cauliflower, 50x2oz

Red Grapes, 50x2oz
Celery Sticks, 50x2oz

Sliced Mango, 50x2oz
Parsnip Coins, 50x2oz

Black Grapes, 50x2oz
Sliced Orange Peppers, 50x2oz

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