

# APRIL

## THIS MONTH'S THEME: ARBOR DAY

This month we are celebrating trees of all kinds for Arbor Day. While most holidays celebrate events of the past, Arbor Day represents a hope for the future. The simple act of planting a tree demonstrates a belief that the tree will grow to provide us with clean air and water, cooling shade, nutritious food, healthier communities, and endless natural beauty — all for a better tomorrow. There are many trees that produce the food we eat like apple trees, orange trees, and pomegranate trees... even avocados grow on trees! We have a lot to thank trees for. What can you do to celebrate Arbor Day this year?

*"He who plants a tree plants a hope."*

-Lucy Larcom

### This week's specialty options

Fruit Cup, 3 oz  
Zucchini & Grape Tomatoes, 2 oz

Apple & Grapes, 3 oz  
Parsnips, 2 oz

Pineapple & Honeydew, 3 oz  
Asparagus Spears, 2 oz

Red & White Grapes, 2 oz  
Carrot & Celery, 2.5 oz

MON	TUE	WED	THU	FRI
				National Fresh Celery Month
28	29	30	31	1
 International Carrot Day 4	 5	6	 7	8
11	12	 13	14	 15
18	 19	 National Banana Day 20	 21	22
25	 26	27	 28	National Arbor Day 29