## FEBRUARY

## FRESHEALTH

## THIS MONTH'S THEME: EAT THE RAINBOW

We've got a variety of colors and shades in our fruits and veggies this month!

Tri-colored bell peppers, golden kiwi, and rainbow cauliflower are all colorful versions of normal fruits and veggies we are more familiar with.

Can you think of other fruits and veggies that come in different colors? (ex: green apples, purple carrots, etc).

	This week's specialty options	MON	TUE	WED	THU	FRI
iis	Cherry Tomato, 3 oz Celery Sticks, 2 oz	30	31	1	HAPPY GROUNDHOG DAY 2nd February  2	3
all	Honeydew & Cantaloupe Mix, 2 oz Sugar Snap Peas, 2 oz	6	7	8	9	10
	Pink Pineapple Chunks, 2 oz Broccoli & Carrot Mix, 2 oz	13	Jappy 5. Valentines 14	15	16	17
	Golden Kiwi, 2 oz Tri Colored Bell Peppers , 2 oz	PRESIDENT'S  *** day  20	21	22	23	24
	Grape Tomato Medley 2 oz Rainbow Cauliflower, 2 oz	27	28			