

DECEMBER

FRESHHEALTH





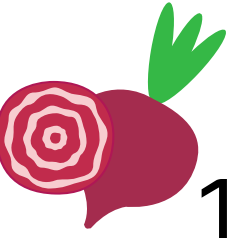
THIS MONTH'S THEME: FRUIT & VEGGIE FLASHBACK!

Happy December, students! This month, we're going back in time and thinking about all the delicious fruits and veggies we tried this past year. From sampling grapefruit wedges & sweet potato back in January, to tasting green cauliflower & candy cane beets this month, we snacked on a rainbow of items! What were some of your favorite fruits & veggies?

Talk to your classmates and see if you liked the same things!



This week's specialty options

	MON	TUE	WED	THU	FRI
Sliced Pears, 2 oz Celery Sticks, 2 oz	27	28	 29	30	 1
Orange Wedges, 4oz Green Cauliflower & Grape Tomato, 2oz	 4	5	 6	 7	8
Ruby Frost Apple Slices, 2oz Candy Cane Beets, 2oz	11	 12	13	 14	15
Holiday Break	18	19	20	21	22
Holiday Break	 25	 26	27	28	29