Don't forget to make half your plate FRUITS & VEGETABLES

Mineral Point Schools Fruit and Vegetable Bar

Fresh Vegetable Choices and Seasonal Fruit on the Fruit and Vegetable Bar

January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ***HOM Feature - Tomato*** NO SCHOOL	3 ***HOM ~ Avocado*** Cauliflower Baby Carrots Cucumbers Fruit	4 ***HOM Feature - Tomato*** Broccoli Florets Romaine Lettuce Celery Sticks Fruit	5 ***HOM Feature - Tomato*** Cauliflower Baby Carrots Cucumbers Fruit	6 ***HOM Feature - Tomato*** Broccoli Florets Romaine Lettuce Celery Sticks Fruit
9 Garbanzo Beans Baby Spinach Radishes Fruit	10 Broccoli Florets Baby Carrots Tomatoes Fruit	11 Radishes Baby Spinach Celery Sticks Fruit	12 Broccoli Florets Baby Carrots Tomatoes Fruit	13 Radishes Baby Spinach Celery Sticks Fruit
16 Kidney Beans Baby Carrots Cucumbers Fruit	17 ***HOM~Lemon & Thyme*** Broccoli Florets Baby Carrots Tomatoes Fruit	18 Cauliflower Romaine Lettuce Cucumbers Fruit	19 Broccoli Florets Baby Carrots Tomatoes Fruit	20 NO SCHOOL
23 Celery Stick Green Pepper Strips Cauliflower Fruit	24 Broccoli Florets Baby Carrots Baby Spinach Fruit	25 Black Beans Green Pepper Strips Cauliflower Fruit	26 Broccoli Florets Baby Carrots Baby Spinach Fruit	27 ***Chinese New Year*** Celery Sticks Green Pepper Strips Cauliflower Fruit
30 Cucumbers Radishes Celery Sticks Fruit	31 Refried Beans Romaine Lettuce Tomatoes Fruit	1	2	3

PRICES

Elementary	$2.65
MS/HS	$3.00
Adult	$4.00
Reduced	$0.40
Extra Milk	$0.50

HARVEST OF THE MONTH

Lemon
Avocado
Thyme

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact Nancy Smith at:608-987-0739 ext 460 or taherfoodservices@mp.k12.wi.us

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