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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Radish Slices 
4 Pepper Medley	5 Cantaloupe 	6 Jicama Sticks	7 Red Grapes 	8 Melon Medley 
11 Green Beans 	12 Broccoli Florets 	13 Pineapple Chunks 	14 Pear Slices 	15 Cucumber Slices 
18 Grape Tomatoes 	19 Zucchini Coins 	20 Honeydew 	21 Cauliflower Florets 	22 Mango Spears 
25 Red Grapes 	26 Vegetable Medley 	27 Pineapple 	28 HAPPY THANKSGIVING	29 November SCHOOLS CLOSED

**NOVEMBER FRUIT AND VEGETABLE FUN FACTS:** RED PEPPERS are an excellent source of Vitamin C, support healthy night vision and are packed with antioxidants!

*\*\*If you choose to serve dip with vegetables, make sure to only offer low-fat yogurt-based or other low fat or non-fat dips (1 - 2 tablespoons)*