



## September 2023: Fresh Fruit and Vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				No Service
4	5	6	New York Thursday 7	8
No Service	No Service	First Day of School (No FFVP Service)	(No Service)	(No Service)
11	12	13	New York Thursday 14	15
Whole Apples	Spinach with Dressing	Whole Bananas	Apple Slices	Cucumbers Coins with Dressing
18	19	20	New York Thursday 21	22
Whole Peaches	Cauliflower Florets with Dressing	Baby Carrots	Fresh Cantaloupe	Spinach with Dressing
25	26	27	New York Thursday 28	29
Yom Kippur Schools Closed	Cherry Tomatoes with Dipping Cup <i>Harvest of the Month Item</i>	Apple Slices	Baby Carrots w/Ranch	Whole Bananas

Harvest of the Month: Tomatoes

Because a tomato has seeds and grows from a flowering plant, botanically it is classified as a fruit, not a vegetable.

-Pretty much all tomato varieties are red although other colors are possible including green, yellow, orange, pink, black, brown, white, and purple.

-There are more than 7500 tomato varieties grown around the world.

<http://www.sciencekids.co.nz/sciencefacts/food/tomatoes.html>