

<p>August Salad Bar Menu (repeats bi-weekly)</p>				
August 7th	August 8th	August 9th	August 10th	August 11th
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Salad Greens • X-Ray Vision Carrots • Olives • Broccoli • Jalapenos • Sliced Pears • Pineapple • Local Plums 	<ul style="list-style-type: none"> • Salad Greens • X-Ray Vision Carrots • Shredded Lettuce • Sliced Tomato • Corn • Sliced Peaches • Watermelon • Chef's Choice 	<ul style="list-style-type: none"> • Celery Sticks • Baby Carrots • Apple Slices • Red Raspberry Lemon Cup 	<ul style="list-style-type: none"> • Salad Greens • X-Ray Vision Carrots • Green Beans • Baby Cucumbers • Sliced Pears • Fresh Strawberries • Local Nectarine • Chef's Choice 	<ul style="list-style-type: none"> • Salad Greens • Sliced Tomato • Red Onions • Pickles • Baked Beans • Mixed Fruit • Local Grapes • Chef's Choice
August 14th	August 15th	August 16th	August 17th	August 18th
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Salad Greens • X-Ray Vision Carrots • Corn • Broccoli • Zucchini • Diced Pears • Chilled Peaches • Local Plums 	<ul style="list-style-type: none"> • Salad Greens • X-Ray Vision Carrots • Olives • Jalapenos • Sliced Tomato • Pineapple • Watermelon • Chef's Choice 	<ul style="list-style-type: none"> • Celery Sticks • Baby Carrots • Apple Slices • Red Raspberry Lemon Cup 	<ul style="list-style-type: none"> • Salad Greens • X-Ray Vision Carrots • Shredded Lettuce • Sliced Tomato • Baby Cucumbers • Fresh Strawberries • Local Nectarine • Chef's Choice 	<ul style="list-style-type: none"> • Salad Greens • X-Ray Vision Carrots • Diced Onion • Baked Beans • Green Beans • Fruit Mix • Local Grapes • Chef's Choice
	<p>Welcome Back! Did you know that plums are part of a family of fruit called stone fruit? Other stone fruit are nectarines, peaches, apricots, and cherries. These fruits are called stone fruit because there is a large stone/pit in the center of the fruit. Inside the stone/pit is where the seed is! Plums are a rich source of Vitamin C, K and dietary fiber.</p>			