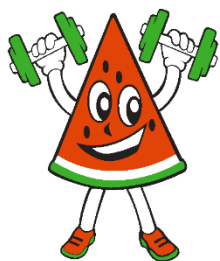




**TULARE CITY**  
School District

# June 2021

**Fresh Fruit & Vegetable Program**



Healthy Time to Snack:  
Most children need to eat every three to four hours throughout the day to meet the MyPlate Daily Food Plan. Younger Kids need to eat three meals and two snacks a day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Whole Peach	2 Whole Apple	3 Carrot Ranch Shaker	4 Whole Pear
7 Carrot Chile Lime Shaker	8 Whole Peach	9 Whole Apple	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		



**Recommended Daily amount of Fruits and Vegetables**

**Kids age 5-12**

**2 ½ - 5 cups per day.**

**\* Menu Subject to Change**

This institution is an equal opportunity provider.

