

UTICA CITY SCHOOL DISTRICT

Fresh Fruit and Vegetable Program

February ~ 2019

DATE

THEME

ITEM



Be Heart Healthy

**Eat Heart Healthy
Foods**

1-Feb

4-Feb

5-Feb

6-Feb

7-Feb

8-Feb

11-Feb

12-Feb

13-Feb

14-Feb Valentine's Day (14th)

15-Feb

18-Feb

19-Feb

20-Feb

21-Feb

22-Feb

25-Feb

26-Feb

27-Feb

28-Feb



Roma Tomato

Boston Lettuce

Okra

Cherries

Plums

Fingerling Potato

Strawberry

Purple Grapes

Peaches

Passion Fruit

Raspberries

Presidents' Day



No School (18-22)

Blackberries

Purple Asparagus

Cantelope

Califlower

