

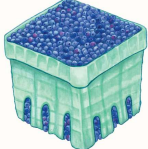








Septemeber

USDA Fresh Fruit and Vegetable Program

Sample Menu (featuring Maine Harvest of the Month fruits and vegetables)

Monday Tuesday Wednesday Thursday Friday

				1  Cherry Tomatoes
4  Beets	5	6  Maine Blueberries	7	8
11	12  Winter Banana Apple	13	14	15  Cauliflower
18  Zucchini	19	20	21  Rainbow Carrots	22
25	26	27  Lemon Cucumber	28	29  Northern Spy Apple

Bingo Bites Challenge: Taste a fruit or vegetable from your calendar. Cross it off after trying it. Get 3 in a row (horizontal, vertical, or diagonal) to win a prize! Keep tasting to complete more rows and win more prizes! Enjoy the fun and flavors! 🍎🥬🍇

