



HARVEST | **NOV**
OF THE MONTH

ROOT
VEGGIES

EXCELLENT | **HELPS BONES GROW!**
SOURCE |
OF VITAMIN A



HARVEST OF THE MONTH

The Harvest of the Month program features a local and seasonal produce item on school menus each month. Now you can celebrate Harvest of the Month community-wide! Look for the harvest item at local grocery stores, restaurants and farmers markets to Eat Local First all year long!

