



2014

October

Fruit and Vegetable Menu for DLA

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2	<i>Broccoli florets with Light Ranch</i>	3	
6	<i>Green Sliced Apple Wedges</i>	7	<i>Broccoli florets with Light Ranch</i>	8	<i>Red Sliced Apple Wedges</i>	9	<i>Celery Sticks with Light Ranch</i>	10	<i>Orange Smiles</i>
13	<i>Green Sliced Apple Wedges</i>	14	<i>Cauliflower with Light Ranch</i>	15	<i>Red Sliced Apple Wedges</i>	16	<i>Celery Sticks with Light Ranch</i>	17	No School
20	<i>Cantaloupe Chunks</i>	21	<i>Broccoli florets with Light Ranch</i>	22	<i>Orange Smiles</i>	23	<i>Green Pepper Strips with Light Ranch</i>	24	No School
27		28	<i>Red Sliced Apple Wedges</i>	29	<i>Celery Sticks with Light Ranch</i>	30	<i>Zucchini with Light Ranch</i>	31	

More Info...

The French used to refer to the tomato as the “apple of love.”

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual

orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Menus are subject to change without notice.

