

Pick a **better** snack™ Produce Schedule

September

Zucchini
Tomatoes
Apples
Plum

October

Grapes
Carrots
Radish
Jicama

November

Pumpkin
Cranberries
Sweet potatoes
Pears

December

Broccoli
Tangerines (Clementines)
Kiwi
Grapefruit

January

Mango
Orange
Green pepper
Cucumber

February

Banana
Mushrooms
Potato
Apples

March

Cauliflower
Cabbage
Raisins
Celery

April

Artichoke
Avocado
Grape tomatoes
Pineapple

May

Asparagus
Spinach
Strawberries
Rhubarb

June

Green beans
Peaches
Apricots
Lemons/limes

July

Sweet corn
Blueberries
Cantaloupe
Watermelon

August

Papaya
Honeydew melon
Nectarine/peach
Raspberries

