# FFVP Menu August 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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**SUMMER VACATION**

<table>
<thead>
<tr>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
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</thead>
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**SUMMER VACATION**

<table>
<thead>
<tr>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
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</thead>
</table>
| **FIRST DAY OF SCHOOL**
Watermelon Chunks  
CHO: 7g |
Cucumber Coins  
CHO: 2g |
Red Grapes  
CHO: 10g |
Celery Sticks  
CHO: 2g |
Cantaloupe Chunks  
CHO: 5g |
Watermelon Chunks  
CHO: 7g |
Red Grapes  
CHO: 10g |
| 23     | 24      | 25        | 26       |        |

**Recommended daily amount of fruits and vegetables for kids age 5-12:**
2 ½ – 5 cups per day

Menu subject to change

Snacks served  
Monday – Friday starting August 22nd!

Check out more menus from Fresno Unified Nutrition Services by scanning the QR code or visiting fresnounified.nutrislice.com/menu