




Harvest Stand Menu | October 6th - 10th

1. The menu is on a two-week cycle with Week 1 and Week 2. Each week will alternate from one to the other.
2. Each day of the week there are six items listed that correspond to each of the six slots on the stand.
3. To meet Veg Sub-group requirements, offer Romaine salad, carrot or tomato, and vegetable crunchies as designated on the menu.
4. **For Fresh Fruit lines 4 and 5, only order 1 fruit per slot.** Sites have the flexibility to order the standard items listed at the bottom of the weekly menu. Items left from breakfast service can be used in the Fresh Fruit spots.
5. As much as possible, order bulk items and bag them using a tape machine since they are more cost-effective.
6. Cut down on ordering IW items as they are more costly.
7. If items ordered are different than the options listed, they will be replaced with items designated below.

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Cabbage-Kale Salad	Romaine Salad	Cabbage-Kale or Romaine Salad (CMS #3404)	Romaine Salad (CMS #3404)	Romaine Salad (CMS #3404)
2	Mini Broccoli Florets	Celery Sticks	Farmer's Harvest: Mini Persian Cucumbers	Cauliflower Florets	Celery Sticks
3	Carrot	Grape Tomato	Carrot	Grape Tomato	Grape Tomato
4	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
5	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
6	Cherry Lemon Cup	Vegetable Crunchies	Tropical Trio Slush	Vegetable Crunchies or Orange Medley Juice	Raspberry Pasion Fruit Slush

Fresh Fruit - Order no more than 3 different fresh fruits per day:

Apple	Apple Slices, Green	Banana - Do not order on Mondays	Grapes  - ONLY for NNC Sites with Sink for Washing
Kiwi	Orange 	Pear, Bosc	Plum 

Condiments/Supplies

Liquid Chamoy	NNC Sites: Ranch Dressing, Packet Prep Sites: Ranch Dressing, Scratch	Tajin Seasoning Packet
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