



FRESH FRUIT & VEGETABLE PROGRAM

Light Cove Elementary

Palm Beach County Public Schools



OCTOBER 2026

Monday

Tuesday

Wednesday

Thursday

Friday

			1 FFVP BABY CARROTS 20 cal	2 No menu published
5 No menu published	6 FFVP BROCCOLI 19 cal	7 No menu published	8 FFVP WATERMELON 15 cal	9 No menu published
12 No menu published	13 No menu published	14 FFVP ZUCCHINI 10 cal	15 No menu published	16 FRESH DRAGON FRUIT 14 cal
19 No menu published	20 FFVP GOLD KIWI 36 cal	21 No menu published	22 FFVP RED BEET 24 cal	23 No menu published
26 No menu published	27 FFVP GREEN BEANS 16 cal	28 No menu published	29 FRESH BLACK GRAPES 18 cal	30 No menu published

Menu data from Palm Beach County Public Schools, drawn by schoolmenuapp.com. Menu subject to change.
Calories are per serving, as Palm Beach County Public Schools publishes them.

nutrislice