

## FFVP

**October 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Red Delicious Apples	3 Cherry Tomatoes & Fat Free Ranch Dip	4 Red Grapes	5 Broccoli & Fat Free Ranch Dip	6 Choice Snack (Variety)
9 Columbus Day	10 Melon	11 Pineapple Chunks	12 Bananas	13 Choice Snack (Variety)
16 Orange Slices	17 Cucumbers & Fat Free Ranch Dip	18 Watermelon	19 Pineapple Chunks	20 Choice Snack (Variety)
23 Granny Smith Apples	24 Kiwi	25 Red Pears	26 Green Grapes	27 Choice Snack (Variety)
30 Red Delicious Apples	31 Cherry Tomatoes & Fat Free Ranch Dip			<b>Menu is Subject to Change</b>

### USDA Nondiscrimination Statement | Food and Nutrition Service

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov) (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.