

FFVP

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Red Delicious Apples	4 Cherry Tomatoes & Fat Free Ranch Dip	5 Red Grapes	6 Broccoli & Fat Free Ranch Dip	7 Choice Snack (Variety)
10 Columbus Day	11 Melon	12 Pineapple Chucks	13 Bananas	14 Choice Snack (Variety)
17 Orange Slices	18 Cucumbers & Fat Free Ranch Dip	19 Watermelon	20 Pineapple Chucks	21 Choice Snack (Variety)
24 Granny Smith Apples	25 Kiwi	26 Red Pears	27 Green Grapes	28 Choice Snack (Variety)
31 Red Delicious Apples				Menu is Subject to Change

USDA Nondiscrimination Statement | Food and Nutrition Service

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.