



Rethink Your Produce

| Easy Prep: items that come in the door and typically only require washing before being sorted for the students | | | | | | | |
|---|----------------|--------------|--------------------|---------------------|-------------------|---------------------|---------------|
| Apricots | Berries | Baby Carrots | Button Mushrooms | Cherry / Grape Toms | Cherries | Cuties | Figs |
| Guava | Kumquat | Lychee | Nectarines | Okra | Peas – Sugar/Snap | Plums | Radishes |
| Rambutan | Small Peaches | Strawberry | Sweet Mini Peppers | Tangerines | | | |
| Light Prep: these items typically take up to 5 cuts before being sorted for the students | | | | | | | |
| Apple | Asparagus | Banana | Bok Choy | Broccoli Florets | Broccolini | Cauliflower Florets | Celery Sticks |
| Citrus Fruits | Endive | Grapes | Green Beans | Kiwi | Melons | Passion fruit | Persimmon |
| Pineapple | Pomegranate | Quince | Tomatillo | | | | |
| Medium Prep: these items might need to be peeled and have more than 5 cuts before sorting for the students | | | | | | | |
| Beets | Bell Peppers | Broccoli | Carrots | Cauliflower | Celery | Celery Root | Chilies |
| Corn | Cucumbers | Fennel | Jicama | Kohlrabi | Mangoes | Melons | Pineapple |
| Prickly Pear | Rhubarb Stalks | Romanesco | Starfruit | Yellow Squash | Zucchini | | |
| Items that require cooking or taste better when cooked, plus think about what items from above can be cooked | | | | | | | |
| Brussel Sprouts | Eggplant | Parsnip | Potatoes | Pumpkin | Rutabaga | Sweet Potato | Taro Root |
| Turnips | Winter Squash | Yams | Yuca | | | | |
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FFVP Rotating Menu Template

| Monday | Tuesday | Wednesday | Thursday | Friday |
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