

# Pick a Better Snack Lesson Schedule

Month	Featured Food		
	Year 1 Lessons	Year 2 Lessons	Year 3 Lessons
September	Cantaloupe	Zucchini	Tomato, Cucumber or Eggplant
October	Jicama	Pear	Apple, Pear or Melon
November	Cranberry	Sweet Potato	Cabbage, Kohlrabi or Brussels Sprouts
December	Broccoli/Cauliflower	Kiwi	Carrot, Potato or Beet
January	Mango	Chickpeas	Winter Squash
February	Bell Peppers	Pineapple	Preserved Produce
March	Oranges/Clementines	Sugar Snap Peas	Corn or Dried Beans
April	Asparagus	Peach	Microgreens or Leafy Greens
May	Strawberry	Spinach	Radish or Turnip