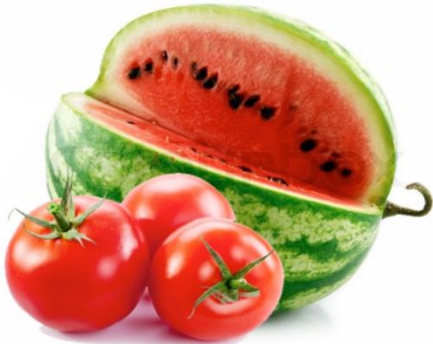




Georgia School  
**Nutrition**  
*Shake it Up!*  
 2018-2019 Calendar

**JULY**

Tomatoes/Watermelon



**AUGUST**

Peaches/Vidalia Onions



**SEPTEMBER**

Watermelon/Zucchini



**OCTOBER**

Apples/Butternut Squash/Cabbage



**NOVEMBER**

Citrus/Sweet Potatoes



**DECEMBER**

Apples/Kale



**JANUARY**

Broccoli/Strawberries



**FEBRUARY**

Carrots/Cauliflower



**MARCH**

Bibb Lettuce/Corn/Green Beans



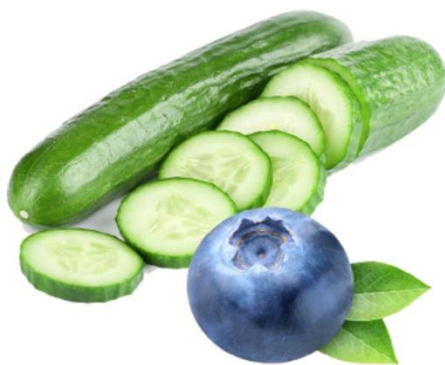
**APRIL**

Mushrooms/Strawberries



**MAY**

Blueberries/Cucumbers



**JUNE**

Blackberries/Peppers



*The Harvest of the Month program promotes different produce items each month. Enjoy the taste and nutritional value of seasonal produce, learn about agriculture, and support local farmers.*