

# Fresh and Delicious!

SEPTEMBER

## Plums

- A perfect snack on the go!
- Dip them in your favorite yogurt.
- A sweet and sour treat!



## Tomatoes

- Add slices to your sandwich for great flavor!
- Eat them in whole grain pasta.
- Chop them up for salsa!

**Fuel up. Eat Lunch.**  
Visit [fuel4me.com](http://fuel4me.com) to learn more.