

February 2025 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
No School 3	No Service 4	35000/34986 5 Grapefruit Wedges- 6 gm <u>Fun Fact:</u> Grapefruits got their name from the way they grow in clusters on a tree similar to grapes. *Great source of potassium!	33933/34932 6 Broccoli Florettes – 2gm <u>Fun Fact:</u> In the U.S., 90% of broccoli is grown in California. China is the #1 producer in the world. *Good source of Fiber!	33921/33922 7 Apple/Grape Combo- 7/10gm <u>Fun fact:</u> Apples and grapes are some of the world’s most popular fruits. They both come in a multitude of colors. *Great source of vitamin C!
Colored Cauliflower 2 gm 10 <u>Fun Fact:</u> Cauliflower is a flower! It is harvested in the fall. *Great source of vitamin C!	No Service 11	33927/33928 12 Red Grapes- 8 gm <u>Fun fact:</u> A grape vine can grow up to 50 feet long! *Great source of potassium!	33931/33958 13 Cucumbers- 2 gm <u>Fun Fact:</u> There are about 50 different kinds of cucumbers! Some have smooth skin and others have bumpy skin. *Great source of vitamin K!	33950/33957 14 Cantaloupe- 4 gm <u>Fun fact:</u> This fruit grows on long vines and belongs to the pumpkin family. They can be eaten fresh by itself or added to a fruit salad. *Great Vitamin A & C!
No School 17	No Service 18	33923/33924 19 Pineapple -8gm <u>Fun Fact:</u> Pineapples take over 2 years to grow! Each plant can only grow 1 pineapple at a time. *Great Vitamin C!	34997/34983 20 Rainbow Carrots- 6gm <u>Fun fact:</u> Carrots come in lots of colors including purple, yellow, red, white, orange, & even black! Great with Ranch! (0gm)	33944/33782 21 Mixed Fruit -7 gm It’s a surprise! Fruit is a great source of many vitamins and minerals!
33499/33959 24 Jicama Sticks – 4 gm <u>Fun Fact:</u> Jicama is a juicy and crunchy root vegetable with a thick brown skin. Jicama tastes like a cross between a potato and a pear! *Goes great with ranch!	No Service 25	35990/35991 26 Pineapple/Blueberries- 6 gm <u>Fun Fact:</u> The USA is the world’s largest producer of blueberries! *Fruit is a great source of vitamins and minerals!	33977/34977 27 Zucchini Coins- 2 gm <u>Fun fact:</u> The flowers of a zucchini plant are edible! The darker the zucchini skin, the richer the nutrients. *Goes great with ranch!	33915/33916 28 Sliced Sweet Apples- 8 gm <u>Fun fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Good source of antioxidants!

Resource: <https://idph.iowa.gov/inn/pick-a-better-snack/fact-sheets>