

January 2025 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
No School	No School	1 No School	2 No School	3 No School
6 No Service	7 No Service	8 33927/33928 Red Grapes- 8 gm <u>Fun fact:</u> Grapes come in many other colors other than red. These include green, purple, black, blue, and even pink. *Great source of potassium!	9 34999/34985 Yellow Cherry Tomatoes- 2 gm <u>Fun Fact:</u> Grape tomatoes come in a variety of colors, including gold, green, purple, and red-brown. <i>*Great source of vitamin A!</i>	10 35972/35973 Apple/Grape Combo- 7/10gm <u>Fun fact:</u> Grapes are one of the world's most popular fruits. They are made up of 80% water! *Great source of vitamin C!
13 33969/33976 Green Pepper Strips -2gm <u>Fun Fact:</u> Peppers sweeten as they ripen, so red bell peppers are sweeter than green peppers. *Great source of vitamin C!	14 No Service	15 3923/33924 Pineapple -8gm <u>Fun Fact:</u> Pineapple trees can produce fruit up to 50 years. *Great Vitamin C!	16 335972/35973 Carrot/Celery 1.5gm <u>Fun Fact:</u> This great combination is packed with fiber to help keep your body regular!	17 33944/33782 Mixed Fruit -7 gm It's a surprise! Fruit is a great source of many vitamins and minerals!
20 No School	21 No Service	22 33915/33916 Sliced Sweet Apples -10 gm <u>Fun Fact:</u> Americans eat more apples than any other fruit. Apples come in several shades of red and green. *Great source of vitamin C!	23 349939/34945 Broccoli/Carrot -4 gm <u>Fun Fact:</u> Rabbits love eating broccoli and carrots. Both broccoli and carrots can be eaten raw or cooked. *Great source of fiber!	24 35000/34986 Grapefruit Wedges - 6 gm <u>Fun Fact:</u> One grapefruit tree can produce 1,500 pounds of fruit. Grapefruits have a bitter, juicy taste. *Great source of potassium!
27 33934/34934 Cauliflower Florets 2 gm <u>Fun Fact:</u> Colored cauliflower is high in antioxidants. Raw cauliflower is crunchy and has a mild flavor. *Good source of vitamin K!	28 No Service	29 Special Order Red Plum -7.5 gm <u>Fun Fact:</u> While the outer skin is dark, plums can be yellow or red on the inside. They are very sweet! *Great source of antioxidants!	30 335006/34992 Snow Peas -4 gm <u>Fun Fact:</u> Snow peas taste sweet and crisp. They are called snow peas because they can grow in colder weather. *Great source of vitamin C!	31 33919/33920 Sweet Green Apples - 8 gm <u>Fun fact:</u> The most popular green apple is the Granny Smith. *Great source of fiber!

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