

March 2025 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>No School</p>	<p>4</p> <p>No Service</p>	<p>33927/33928 5</p> <p>Red Grapes- 8 gm</p> <p><u>Fun fact:</u> Grapes are about 80% water. Raisins are dried grapes and contain only about 15% water.</p> <p>*Great source of potassium!</p>	<p>34998/34984 6</p> <p>Watermelon Radish¹ gm</p> <p><u>Fun Fact:</u> Watermelon radishes can range from the size of a golf ball to the size of a softball! They have a slightly sweet yet peppery flavor.</p>	<p>33950/33957 7</p> <p>Cantaloupe⁻⁵ gm</p> <p><u>Fun fact:</u> Cantaloupes commonly have orange flesh, but less common varieties can also have red or yellow flesh.</p> <p>*Great Vitamin A & C!</p>
<p>34999/34985 10</p> <p>Yellow Cherry Tomatoes- 2 gm</p> <p><u>Fun Fact:</u> Grape tomatoes come in a variety of colors, including gold, green, purple, and red-brown.</p> <p><small>*Great source of vitamin A!</small></p>	<p>11</p> <p>No Service</p>	<p>33923/33924 12</p> <p>Pineapple^{-8gm}</p> <p><u>Fun Fact:</u> Pineapples take over 2 years to grow! Each plant can only grow 1 pineapple at a time.</p> <p>*Great Vitamin C!</p>	<p>35984/35985 13</p> <p>Daikon Coins- 1 gm</p> <p><u>Fun Fact:</u> Daikon is a winter radish native to East Asia. It is white and crunchy with a mild, slightly sweet flavor.</p> <p>*Great Vitamin C!</p>	<p>33919/33920 14</p> <p>Sweet Green Apples ⁻⁸ gm</p> <p><u>Fun Fact:</u> Apples come in all shades of red, green & yellow!</p> <p>*Great source of fiber!</p>
<p>17</p> <p>No School</p>	<p>18</p> <p>No School</p>	<p>19</p> <p>No School</p>	<p>20</p> <p>No School</p>	<p>21</p> <p>No School</p>
<p>24</p> <p>No Service</p>	<p>25</p> <p>No Service</p>	<p>33915/33916 26</p> <p>Sliced Sweet Apples ⁻⁸ gm</p> <p><u>Fun Fact:</u> Apples can be eaten raw or cooked. They are great to eat as a quick snack!</p> <p>*Great source of fiber!</p>	<p>34919/34922 27</p> <p>Mixed Pepper Strips^{-2gm}</p> <p><u>Fun Fact:</u> Peppers come in a rainbow of colors and variety of shapes and sizes.</p> <p>*Great source of B vitamins!</p>	<p>35000/34986 28</p> <p>Grapefruit Wedges- 6 gm</p> <p><u>Fun Fact:</u> One grapefruit tree can produce 1,500 pounds of fruit. Grapefruits have a bitter, juicy taste.</p> <p>*Great source of potassium!</p>
<p>33932/33971 31</p> <p>Grape Tomatoes- 2 gm</p> <p><u>Fun Fact:</u> There are over 10,000 varieties of tomatoes in the world!</p> <p>*Great source of vitamin A!</p>	<p>April 1st</p> <p>No Service</p>			

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