

**April 2025 FF&VP**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>  <b>No Service</b>	<b>2</b> <b>33927/33928</b> <b>Red Grapes-</b> 8 gm <u>Fun fact:</u> Grapes come in many other colors other than red. These include green, purple, black, blue, and even pink. <b>*Great source of potassium!</b>	<b>3</b> <b>30797/34944</b> <b>Veg Medley</b>  <b>It's a surprise!</b>  <b>Fruits are great sources of vitamins and minerals.</b>	<b>4</b> <b>33919/33920</b> <b>Red/Green Apple Slices-</b> 10 gm <u>Fun Fact:</u> It takes 36 apples to make one gallon of apple cider!  <b>*Great source of fiber!</b>
<b>7</b> <b>33933/34932</b> <b>Broccoli Florettes</b> – 2gm <u>Fun Fact:</u> In the U.S., 90% of broccoli is grown in California. China is the #1 producer in the world. <b>*Good source of Fiber!</b>	<b>8</b>  <b>No Service</b>	<b>9</b> <b>33950/33957</b> <b>Cantaloupe Chunks-</b> 5 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. <b>*Great Vitamin A &amp; C!</b>	<b>10</b> <b>33979/33784</b> <b>Zucchini-</b> 2 gm <u>Fun fact:</u> The flower on the zucchini plant can also be eaten.  <b>*Great source of vitamin A!</b>	<b>11</b> <b>33921/33922</b> <b>Apple/Grape Combo-</b> 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. <b>*Great source of vitamin C!</b>
<b>14</b>  <b>No School</b>	<b>15</b>  <b>No School</b>	<b>6</b> <b>34950/34949</b> <b>Honeydew Chunks-</b> 6 gm <u>Fun fact:</u> Melons are related to squash and cucumbers. Honeydew is the sweetest of all melons. <b>*Great source of vitamin C!</b>	<b>17</b> <b>33947/33783</b> <b>Radishes-</b> 2 gm <u>Fun Fact:</u> People usually eat the root of radishes, but the tops (the greens) are delicious too! <b>*Great source of vitamin C!</b> <b>Great with Ranch!</b> (0gm)	<b>18</b> <b>33915/33916</b> <b>Sliced Sweet Apples-</b> 10 gm <u>Fun Fact:</u> It takes 36 apples to make one gallon of apple cider!  <b>*Great source of fiber!</b>
<b>21</b> <b>35003/34989</b> <b>Turnip Sticks-</b> 6gm <u>Fun fact:</u> Related to radishes, mustard and collard greens. It has a slightly spicy taste when eaten raw. *Contains lots of B vitamins <b>Great with Ranch!</b> (0gm)	<b>22</b>  <b>No Service</b>	<b>23</b> <b>33927/33928</b> <b>Red Grapes-</b> 8 gm <u>Fun fact:</u> Grapes are actually berries and there are over 8,000 different varieties! <b>*Great source of potassium!</b>	<b>24</b> <b>35006/34992</b> <b>Snow Peas-</b> 2.5 gm <u>Fun fact:</u> Snow peas grow on a vine that can be up to 6 feet in length. You can eat the peas, pods, and all! <b>*Great source of folate!</b>	<b>25</b> <b>33944/33782</b> <b>Mixed Fruit</b> -7 gm It's a surprise!  <b>Fruit is a great source of many vitamins and minerals!</b>
<b>28</b> <b>33949/33959</b> <b>Jicama</b> - 4 gm <u>Fun fact:</u> Jicama is a juicy and crunchy root vegetable with thick, brown skin. It tastes like a cross between a potato and pear! <b>*Great source of potassium!</b>	<b>29</b>  <b>No Service</b>	<b>30</b> <b>33923/33924</b> <b>Pineapple</b> -8gm <u>Fun Fact:</u> Pineapples take over 2 years to grow! Each plant can only grow 1 pineapple at a time.  <b>*Great Vitamin C!</b>		

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