October 2025 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
39649/33959 **29** **Jicama**- 4 gm Fun fact: Jicama is a juicy and crunchy root vegetable with thick, brown skin. It tastes like a cross between a potato and pear! ***Great source of potassium!**	**September 30** No Service	**33927/33928** **October 1** **Red Grapes-** 8 gm Fun fact: Grapes are actually berries and there are over 8,000 different varieties! ***Great source of potassium!**	34996/34993 **2** **Colored Cauliflower**-2gm Fun Fact: Colored cauliflower is high in antioxidants. Raw cauliflower is crunchy and has a mild flavor. ***Great source of vitamin C**	**33923/33924** **3** **Pineapple**-8gm Fun Fact: Pineapples travel to Iowa from tropical places by plane, trains or automobiles! ***Great Vitamin C!**
33947/33783 **6** **Radishes**- 2 gm Fun Fact: People usually eat the root of radishes, but the tops (the greens) are delicious too! ***Great source of vitamin C!** **Great with Ranch!** (0gm)	**7** No Service	**33950/33957** **8** **Cantaloupe**- 10 gm Fun Fact: a cantaloupe starts as a flower on a vine. Once a bee pollinates the flower on the vine is when the melon starts growing ***Great Vitamin A & C!**	34997/34983 **9** **Baby Rainbow Carrots**- 5 gm Fun Fact: Rainbow carrots flavor isn't that much different from regular carrots. ***Great source of Vitamin C**	33919/33920 **10** **Sweet Green Apple Slices-**10 gm Fun Fact: The most popular green apple is the Granny Smith. ***Great source of fiber!**
13 No School	**14** No Service	**33915/33916** **15** **Sliced Sweet Apples-**10 gm Fun Fact: Apples come in all shades of red, green & yellow! ***Great source of fiber!**	**35004/34990** **16** **Rutabaga Sticks** - 5gm Fun fact: Rutabagas are cousins to turnips. They are a cross between a turnip & cabbage. Eat them raw or cooked but peel them first!	**33921/33922** **17** **Apple/Grape Combo-** 7/10gm Fun fact: Americans eat more apples than any other fruit. Both apples and grapes come in shades of green and red. ***Great source of vitamin C!**
33968/33781 **20** **Yams -**6 gm Fun Fact: There are about 600 different types of yams around the world, most of them are in the tropics. ***Great source of vitamin A!**	**21** No Service	**33950/33957** **22** **Cantaloupe Chunks-**5 gm Fun fact: 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!**	**34998/34984** **23** **Watermelon Radish**1 gm Fun Fact: 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.	**33948/33956** **24** **Mango**- 8gm Fun Fact: Mangoes can be different sizes and colors, including yellow, orange, red, and green. ***Good source of vitamin A!**
33979/33784 **27** **Zucchini-**2 gm Fun fact: The flower on the zucchini plant can also be eaten. ***Great source of vitamin A!**	**28** No Service	**35000/34986** **29** **Grapefruit** Fun Fact: grapefruit is a cross between an orange and a pumelo. It has a sweet, but also tart flavor. ***Great Vitamin C**	**33921/33922** **30** **Apple/Grape Combo-** 7/10gm Fun fact: 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!**	**33990/34954** **31** **Red Pepper Strips-**2 gm Fun Fact: Pepper strips make an excellent snack that can be eaten with dips such as hummus and guacamole. ***Great source of potassium!**

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