November 2025 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
35003/34989 **3** **Turnip Sticks**- 6gm **Fun fact:** Related to radishes, mustard and collard greens. It has a slightly spicy taste when eaten raw. **Great with Ranch! (0gm)**	4 No Service	**33921/33922** **5** **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!**	**6** No School	**7** No School
10 No Service	**12** No School	**12** No Service	**13** No Service	**35001/34987** **14** **Pineapple/Blueberries-6 gm** Fun Fact: The USA is the world's largest producer of blueberries! ***Fruit is a great source of vitamins and minerals!**
35982/35983 **17** **Carrot/Grape Tomato**-3gm **Fun fact:** Both carrots and grape tomatoes come in a variety of colors! ***Good source of vitamin A!**	**18** No Service	**34950/34949** **19** **Honeydew Chunks**-6 gm Fun fact: This melon is sweet and juicy. Honey dew tastes great on its own, in salads, and in chilled soups. ***Great source of vitamin C!**	**34919/34922** **20** **Mixed 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!**	**33917/33918** **21** **Green Apple Slices-**10 gm Fun Fact: It takes 36 apples to make one gallon of apple cider! ***Great source of fiber!**
34939/34945 **24** **Broccoli/Carrots -**4 gm Fun Fact: Veggies are packed with fiber to help keep your body regular! ***Great source of fiber!**	**25** No Service	**26** No School	**27** No School Thanksgiving Day	**28** No School

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