January 2026 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	**2** No School
5 No Service	**6** No Service	33950/33957 **7** **Cantaloupe**-4 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!**	33977/34977 **8** **Zucchini**- 2 gm Fun fact: The flowers of a zucchini plant are edible! The darker the zucchini skin, the richer the nutrients. ***Goes great with ranch!**	34950/34949 **9** **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!**
35004/34990 **12** **Rutabaga Sticks-** 5 gm Fun fact: Rutabagas are a cross between a turnip and wild cabbage, which gives them a sweeter and more robust flavor.	**13** No Service	33927/33928 **14** **Red Grapes-** 8 gm Fun fact: Grapes come in many other colors other than red. These include green, purple, black, blue, and even pink. ***Great source of potassium!**	33969/33976 **15** **Green Pepper Strips**-2gm Fun Fact: Peppers sweeten as they ripen, so red bell peppers are sweeter than green peppers. ***Great source of vitamin C!**	35972/35973 **16** **Apple/Grape Combo**- 7/10gm Fun fact: Grapes are one of the world's most popular fruits. They are made up of 80% water! ***Great source of vitamin C!**
19 No School	**20** No Service	33923/33924 **21** **Pineapple**-8gm Fun Fact: Pineapple trees can produce fruit up to 50 years. ***Great Vitamin C!**	35986/35987 **22** **Butternut Squash**-6 gm Fun Fact: Butternut squash is also called winter squash. It has a nutty and sweet flavor. ***Goes great with Ranch!**	33944/33782 **23** **Mixed Fruit**-7 gm It's a surprise! Fruit is a great source of many vitamins and minerals
35972/35973 **26** **Carrot/Celery**- 5 gms Fun Fact: This great combination is a packed with fiber to help keep your body regular! ***Great source of fiber!**	**27** No Service	35000/34986 **28** **Grapefruit Wedges-** 6 gm Fun Fact: Grapefruits got their name from the way they grow in clusters on a tree similar to grapes. ***Great source of potassium!**	**349939/34945** **29** **Broccoli/Carrot-**4 gm Fun Fact: Rabbits love eating broccoli and carrots. Both broccoli and carrots can be eaten raw or cooked. ***Great source of fiber!**	33915/33916 **30** **Sliced Sweet Apples-** 8 gm Fun fact: 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