2026

JANUARY

FRESH FRUIT & VEGETABLE PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tempe Elementary Schools **The Fresh Fruit & Vegetable Program (FFVP)** is a federal program that provides free, fresh fruits & vegetables at participating schools during the school day!		**Participating schools include:** Aguilar, ASPIRE at Arredondo, Broadmor, Curry, Frank, Holdeman, Nevitt, Rover, Scales Technology Academy, Shamley K-8, Thew, & Wood.	1 Winter Break No School	2 No School
5 Staff Development No School	6	7	8	9
12	13 **Gold Kiwi** • Gold kiwis have a **sweet, tropical flavor** and become sweeter as they soften. • They can be **eaten whole** – skin and all. • They have **5x** as much vitamin C than an orange! • Kiwis are a "**superfood**" – high in **vitamin C** and **fiber**.	14	15 **Sweet Mini Peppers** • They come in a **variety of colors**: red, orange, yellow, green, and even purple! • Red bell peppers are the **sweetest** bell peppers because they are **fully mature** and ripen the longest. • They are high in **vitamin C** & **vitamin A**.	16
19 MLK DAY No School	20 **Jicama Sticks** • Jicama is a **root vegetable** that has thin, brown skin. The inside is white and has the same texture as an apple (but isn't sweet). • Jicamas are native to Mexico and belong to the **potato family**. • One jicama can weigh up to **50 pounds!**	21	22 **Pomegranate Seeds** • Pomegranates are classified as a **super fruit**. • One pomegranate can hold more than **1,000 seeds**! • The word pomegranate means "**apple with many seeds**." • Eating pomegranate is a good way to get **vitamins A, C, K, & B5**.	23
26	27 **Blood Orange** • Blood oranges have a rich, orange taste with a **hint of raspberry**. • Due to their dark red color inside, they contain **higher amounts of antioxidants** – which help keep you healthy and strong inside! • They have lots of nutrients – **vitamin C, fiber, folate, & vitamin B1**. • Blood oranges are commonly grown in **Italy**, **California**, and **Texas**.	28	29 **Grape Tomatoes** • Grape tomatoes originated in **Southeast Asia**. • There are more than **25,000 varieties** of tomatoes available in a rainbow of colors – red, orange, green, purple, black, and white! • Tomatoes are high in **vitamins A, C, & K**, and **potassium**. • Eating tomatoes is good for your **bones and heart**!	30

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

Menu design created by: Yoana, 5th grade