

March 2025 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
March 2nd Jicama Sticks – 4 gm <u>Fun Fact:</u> Jicama is a juicy and crunchy root vegetable with a thick brown skin. Jicama tastes like a cross between a potato and a pear! *Goes great with ranch!	3 No Service	4 35990/35991 Pineapple/Blueberries-6 gm <u>Fun Fact:</u> The USA is the world's largest producer of blueberries! *Fruit is a great source of vitamins and minerals!	5 33979/33784 Zucchini Coins- 2 gm <u>Fun fact:</u> The flowers of a zucchini plant are edible! The darker the zucchini skin, the richer the nutrients. *Goes great with ranch!	6 33950/33957 Cantaloupe -5 gm <u>Fun fact:</u> Cantaloupes commonly have orange flesh, but less common varieties can also have red or yellow flesh. *Great Vitamin A & C!
33968/33781 Sweet Potatoes- 7 gm <u>Fun fact:</u> Sweet potatoes can come in several different colors. Orange sweet potatoes are the sweetest variety. *Great source of vitamin A!	10 No Service	11 33923/33924 Red Grapes- 8 gm <u>Fun fact:</u> Grapes are about 80% water. Raisins are dried grapes and contain only about 15% water. *Great source of potassium!	12 34999/34985 Grape Tomato Medley- 2 gm <u>Fun Fact:</u> Grape tomatoes come in a variety of colors, including gold, green, purple, and red-brown. *Great source of vitamin A!	13 No Service
16 No School	17 No School	18 No School	19 No School	20 No School
23 No Service	24 No Service	25 33944/33782 Mixed Fruit -7 gm It's a surprise! Fruit is a great source of many vitamins and minerals!	26 33936/33785 Celery Sticks- 1 gm <u>Fun fact:</u> Celery is crunchy and can grow up to 3 feet tall. *Great source of potassium!	27 35988/35989 Pineapple/Red Grapes- 6 gm <u>Fun Fact:</u> Pineapples take over 2 years to grow! Each plant can only grow 1 pineapple at a time. *Great Vitamin C!
34939/34945 Broccoli/Carrots -4 gm <u>Fun Fact:</u> Veggies are packed with fiber to help keep your body regular! *Great source of fiber!	31 No Service			

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