









APRIL FFVP 2026

MON	TUE	WED	THU	FRI
		1 RECEIVE Pink Lady 	2 SERVE 1 Each CHO 25g	3
6 RECEIVE Grape Tomato 	7 SERVE Snack Pack CHO 6g	8 RECEIVE Jonagold Apple 	9 SERVE 1 each CHO 28g	10
13 RECEIVE Red Pear 	14 SERVE 1 Each CHO 27g	15 RECEIVE Sugar Snap Peas 	16 SERVE Snack Pack CHO 10g	17
20 RECEIVE Cotton Grape 	21 SERVE Snack Pack CHO 18g	22 RECEIVE Sweet Potato 	23 SERVE Snack pack CHO 18g	24
27 RECEIVE Tangerine 	28 SERVE 1 each CHO 9g	29 RECEIVE Yellow Squash 	30 Serve Snack Pack CHO 4g	

FRESH FRUIT AND VEGETABLE PROGRAM OFFERED AT:

BINGHAM
 BISSETT
 BOWERMAN
 BOYD
 COWDEN
 DELAWARE
 FREMONT
 HOLLAND
 MANN
 JEFFERIES
 MARK TWAIN
 MCGREGOR
 PERSHING
 PITTMAN
 PLEASANT VIEW
 ROUNTREE
 SHERWOOD
 SUNSHINE
 TRUMAN
 WATKINS
 WEAVER
 WELLER
 WESTPORT
 WILLIAMS
 YORK

Grapes come in thousands of varieties.

DID YOU KNOW??

Sugar snap peas are entirely edible including the pod.

DID YOU KNOW??

Grape tomatoes are sweet, and nutritious fruit that are a popular dish and snack.

