








# MARCH FFVP 2026

| MON   | TUE  | WED   | THU   | FRI       |
|---|--|---|---|-----------|
| <b>2 RECEIVE</b><br><b>Tangelo</b><br>    | <b>3 SERVE</b><br><b>Snack pack</b><br><br><b>CHO 12g</b>  | <b>4 RECEIVE</b><br><b>Celery Stick</b><br>    | <b>5 SERVE</b><br><b>Snack pack w/dressing</b><br><b>CHO 3g</b> | <b>6</b>  |
| <b>9 RECEIVE</b><br><b>Mango</b><br>      | <b>10 SERVE</b><br><b>Snack pack</b><br><br><b>CHO 19g</b> | <b>11 RECEIVE</b><br><b>Jonagold Apple</b><br> | <b>12 SERVE</b><br><b>1 each</b><br><br><b>CHO 22g</b>          | <b>13</b> |
| <b>16</b><br><b>SPRING BREAK</b>  | <b>17</b><br><b>SPRING BREAK</b>                           | <b>18</b><br><b>SPRING BREAK</b>  | <b>19</b><br><b>SPRING BREAK</b>                                | <b>20</b> |
| <b>23 RECEIVE</b><br><b>Kumquat</b><br> | <b>24 SERVE</b><br><b>3 each</b><br><br><b>CHO 9g</b>      | <b>25 RECEIVE</b><br><b>Baby Spinach</b><br> | <b>26 SERVE</b><br><b>Snack pack</b><br><br><b>CHO 4g</b>       | <b>27</b> |
| <b>30 RECEIVE</b><br><b>Pluot</b><br>   | <b>1 SERVE</b><br><b>1 each</b><br><br><b>CHO 19g</b>      |   |   |           |

## 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

Oranges are rich in Vitamin C, which boosts the immune system and promotes skin health.

### DID YOU KNOW??

-Blood oranges get their name from the crimson "blood-colored" flesh, which is due to the presence of anthocyanin pigments.

### DID YOU KNOW??

Pitaya, also known as dragon fruit, belongs to the cactus family.. It is rich in vitamin C, fiber and antioxidants. There are 3 different varieties of dragon fruit. The first harvest can only take place after 20 years

