

# FFVP May



**SCHOOL LUNCH HERO DAY!**

**¡CINCO DE MAYO!**

**SUMMER VACATION!**

## WEEK 1: MAY 1-8

**Grape Tomatoes**



**Fuji Apple**



**Watermelon**



**Honeycrisp Apple**



## WEEK 2: MAY 11-20

**Red Pears**



**Pineapple & Blueberries**



**Mandarin Oranges**



**Bosc Pear**



Eating fruits today helps us **learn, play** and **grow strong** for every adventure!

# FFVP May



THANK YOU  
SCHOOL  
LUNCH  
HEROES!  
MAY 1

¡CINCO  
DE  
MAYO!  
MAY 5

Let's celebrate  
good food,  
strong bodies  
and happy  
traditions!



WEEK 1: MAY 1-8

Let's learn about the delicious fruits and veggies we're enjoying this week!

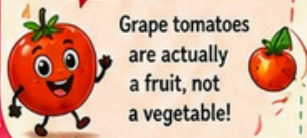
## GRAPE TOMATOES



### NUTRITION FACTS

- Low in calories
- Good source of Vitamin C
- Good source of Vitamin A
- Contains antioxidants

### FUN FACT!



Grape tomatoes are actually a fruit, not a vegetable!

## FUJI APPLE



### NUTRITION FACTS

- Good source of fiber
- Good source of Vitamin C
- Supports a healthy heart
- Naturally sweet and crunchy!

### FUN FACT!



Fuji apples are super crunchy and juicy!

## WATERMELON



### NUTRITION FACTS

- High in water
- Good source of Vitamin C
- Helps keep you hydrated
- Naturally sweet and refreshing!

### FUN FACT!



Watermelon is 92% water—perfect for staying cool!

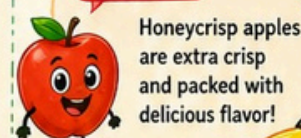
## HONEYCRISP APPLE



### NUTRITION FACTS

- Good source of fiber
- Good source of Vitamin C
- Sweet, crisp and juicy
- Supports a healthy immune system

### FUN FACT!



Honeycrisp apples are extra crisp and packed with delicious flavor!

## TIPS FOR A HEALTHY YOU!



DRINK WATER EVERY DAY!



EAT A VARIETY OF FRUITS & VEGGIES!



STAY ACTIVE AND HAVE FUN EVERY DAY!



GET ENOUGH SLEEP TO GROW STRONG!

Eating fruits today helps us learn, play and grow strong for every adventure!



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School's almost done...  
**ADVENTURE AWAITS!**

**FINISH STRONG,  
DREAM BIG,  
AND HAVE AN  
AWESOME SUMMER!**

**SUMMER VACATION  
HERE WE  
COME!**

## WEEK 2: MAY 11-20

Let's explore the delicious fruits we're enjoying this week!

### RED PEARS



#### NUTRITION FACTS

- Good source of fiber
- Good source of Vitamin C
- Supports a healthy heart
- Naturally sweet and juicy

#### FUN FACT!

Red pears get their beautiful color from antioxidants!



### PINEAPPLES & BLUEBERRIES



#### NUTRITION FACTS

- Pineapple is a good source of Vitamin C
- Blueberries are packed with antioxidants
- Both support a healthy immune system

#### FUN FACT!

Pineapples take up to 2 years to grow! Blueberries are tiny but mighty!



### MANDARIN ORANGES



#### NUTRITION FACTS

- Excellent source of Vitamin C
- Good source of fiber
- Helps keep you hydrated
- Easy to peel and fun to eat!

#### FUN FACT!

Mandarins are often called "nature's candy" because they're so sweet!



### BOSC PEAR



#### NUTRITION FACTS

- Good source of fiber
- Good source of Vitamin C
- Sweet, crisp and satisfying
- Supports a healthy digestive system

#### FUN FACT!

Bosc pears are named after a French word for "wood" because of their brown skin!



### TIPS FOR A GREAT SUMMER!



**DRINK WATER EVERY DAY!**



**STAY ACTIVE AND HAVE FUN!**



**EAT A VARIETY OF FRUITS & VEGGIES!**



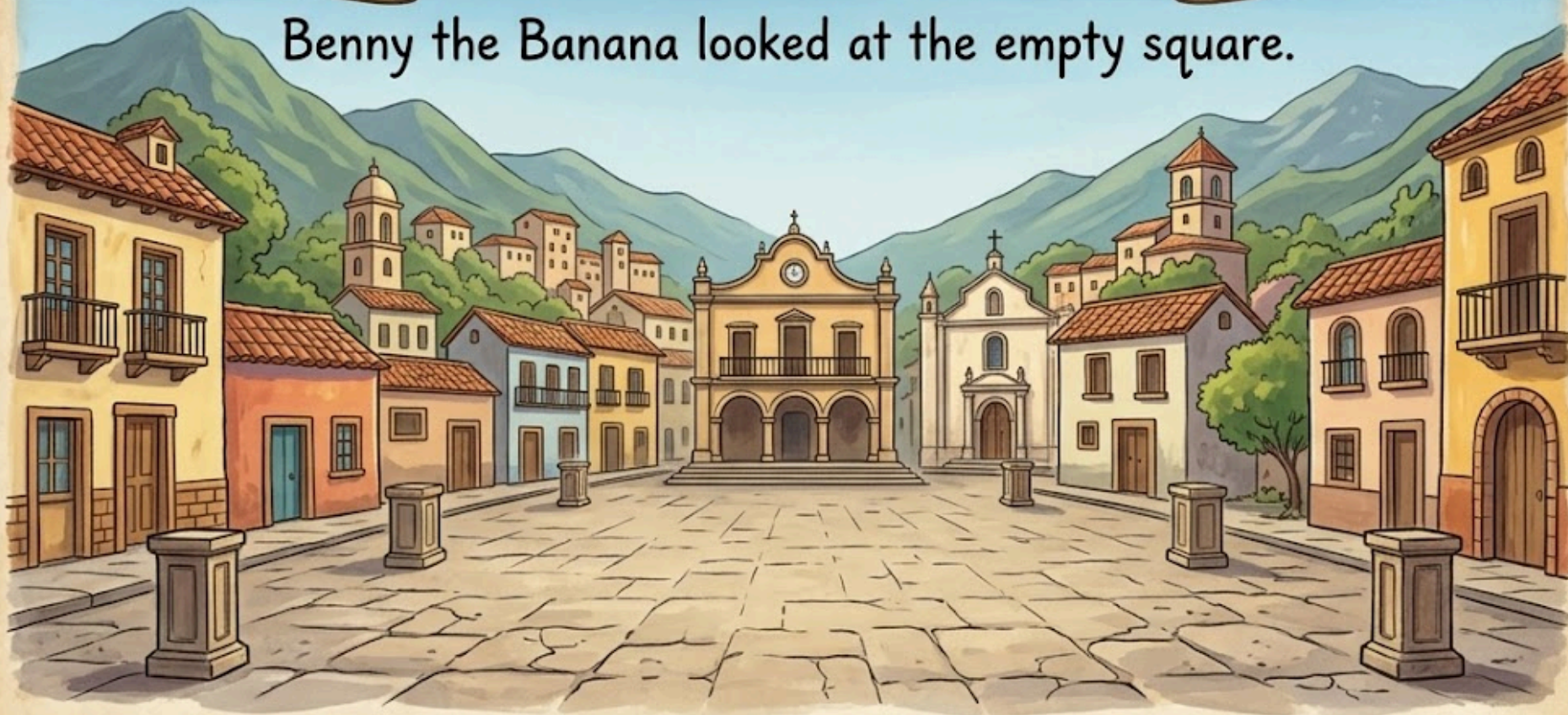
**GET ENOUGH SLEEP TO GROW STRONG!**



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## BENNY'S MAGICAL CINCO DE MAYO ADVENTURE

Benny the Banana looked at the empty square.



“Oh no!” he said. “The town square is empty, and Cinco de Mayo starts today! We need decorations and treats!”

He looked at his favorite big sombrero. “I wish you could fly!” he said.

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**Zoom! Benny and his magical sombrero flew around. First, he swooped to the market and filled his arms with ripe mangoes, avocados, and juicy limes. "For the picnic!" he shouted. Then, he gathered red, orange, and blue paper to make beautiful flowers. Crumple, twist! "Look!" Benny giggled, holding up a giant, colorful paper flower bouquet.**



Wiggle-waggle! Two paper-mache piñatas were stuck! They needed help. "Hold on, little friends!" said Benny. He and his sombrero went to work, helping the piñatas untangle their strings. Just as the piñatas were safe, a new bluebird arrived. Benny had an idea. He tied a ribbon to one piñata, then another. "Follow me!" he said. The piñatas started to float, the birds began to chirp, and the butterflies fluttered. Together, they started the BIGGEST CINCO DE MAYO PARADE! Benny even got a tiny bird-sized sombrero for his new friend.



“Look!” Benny exclaimed as they marched into the center of the square. All the decorations were up, the flowers were smelling sweet, and the town was ready. “Happy Cinco de Mayo, everyone! We did it!”

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