

# MAY 2026 FFVP M&NU



MON	TUE	WED	THU	FRI
4	5 GUAVAS	6 FLAMINGO PEAR	7 SWEET MINI MEDLEY PEPPERS/ BUTTERMILK RANCH	8 CHAMOE MELON
11	12	13 MANGO CHUNKS	14 CHILI LIME CARROTS	15 GRANNY SMITH APPLE
18	19 CANTALOUPE CHUNKS	20 CUTIE TANGERINE	21 RANCH BABY CARROTS	22 CHAMOE MELON
25	26	27 PINEAPPLE SPEARS	28 RUTABGA CHIPS/ BUTTERMILK RANCH	29 GOLD NUGGET MANDARIN

### KEY

- May 5<sup>th</sup> no FFVP for Adelanto Elementary, Eagle Ranch Elementary and West Creek Elementary
- May 19<sup>th</sup> George Only FFVP
- May 27<sup>th</sup> menu change for Adelanto Elementary, Eagle Ranch Elementary and West Creek Elementary (Red Apple Slices)

### RIO RED GRAPEFRUIT

- Grown mainly in Texas (Rio Grande Valley)
- Known for its bright red color and sweet-tart taste
- High in vitamin C (immune support)
- Good source of vitamin A (eye and skin health)
- Contains fiber

### CHAMOE MELON

- Popular in Korea; small, yellow melon with white stripes
- Sweet, crisp, and juicy
- Often eaten with the skin (thin and edible)
- High in water content (hydration)
- Contains vitamin C (immune health)
- Provides fiber (digestion support)

### FLAMINGO PEAR

- Flamingo Pears are a "hybrid" fruit! They are a cross between the Bon Rouge and Forelle pear varieties. They get their name from that beautiful ruby-red blush that covers their yellow-green skin just like the feathers of a flamingo.
- They are an excellent source of dietary fiber, which helps keep your digestive system happy. They also provide a boost of Vitamin C to keep your immune system strong.

### RUTABGA

- A root vegetable (cross between cabbage and turnip)
- Grows underground
- High in fiber (good for digestion)
- Rich in vitamin C (immune support)
- Contains potassium (muscle and heart function)
- Provides complex carbohydrates (long-lasting energy)