

**October 2026 FF&VP**

| Monday                                                                                                                                                                                                                                   | Tuesday                            | Wednesday                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                           |
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|                                                                                                                                                                                                                                          |                                    |                                                                                                                                                                                                                                                   | <b>34996/3499      OCTOBER 1<sup>st</sup></b><br><b>Colored Cauliflower<sup>-2gm</sup></b><br><u>Fun Fact:</u> Colored cauliflower is high in antioxidants. Raw cauliflower is crunchy and has a mild flavor.<br><b>*Great source of vitamin C</b> | <b>33923/33924      OCTOBER 2<sup>nd</sup></b><br><b>Pineapple<sup>-8gm</sup></b><br><u>Fun Fact:</u> Pineapples travel to Iowa from tropical places by plane, trains or automobiles!<br><b>*Great Vitamin C!</b>                |
| <b>5</b><br><br><b>No School</b>                                                                                                                                                                                                         | <b>6</b><br><br><b>No Service</b>  | <b>33950/33957      7</b><br><b>Cantaloupe<sup>- 10 gm</sup></b><br><u>Fun Fact:</u> a cantaloupe starts as a flower on a vine. Once a bee pollinates the flower on the vine is when the melon starts growing<br><b>*Great Vitamin A &amp; C!</b> | <b>34999/34985      8</b><br><b>Grape Tomato Medley<sup>- 2 gm</sup></b><br><u>Fun Fact:</u> Grape tomatoes come in a variety of colors, including gold, green, purple, and red brown.<br><b>*Great source of vitamin A!</b>                       | <b>33919/33920      9</b><br><b>Sweet Green Apple Slices<sup>-10 gm</sup></b><br><u>Fun Fact:</u> The most popular green apple is the Granny Smith.<br><b>*Great source of fiber!</b>                                            |
| <b>33968/33781      12</b><br><b>Sweet Potato Chunks<sup>- 7 gm</sup></b><br><u>Fun fact:</u> Sweet potatoes can come in several different colors. Orange sweet potatoes are the sweetest variety.<br><b>*Great source of vitamin A!</b> | <b>13</b><br><br><b>No Service</b> | <b>33921/33922      14</b><br><b>Apple/Grape Combo<sup>- 7/10gm</sup></b><br><u>Fun fact:</u> Apples and grapes are some of the world's most popular fruits. They both come in a multitude of colors.<br><b>*Great source of vitamin C!</b>       | <b>15</b><br><br><b>No School</b>                                                                                                                                                                                                                  | <b>16</b><br><br><b>No School</b>                                                                                                                                                                                                |
| <b>19</b><br><br><b>No School</b>                                                                                                                                                                                                        | <b>20</b><br><br><b>No Service</b> | <b>34950/34949      21</b><br><b>Honeydew Chunks<sup>-6 gm</sup></b><br><u>Fun fact:</u> This melon is sweet and juicy. Honey dew tastes great on its own, in salads, and in chilled soups.<br><b>*Great source of vitamin C!</b>                 | <b>33979/33784      22</b><br><b>Zucchini<sup>-2 gm</sup></b><br><u>Fun fact:</u> The flower on the zucchini plant can also be eaten.<br><b>*Great with Ranch!</b>                                                                                 | <b>33915/33916      23</b><br><b>Mixed Fruit<sup>-7 gm</sup></b><br>It's a surprise!<br><b>Fruit is a great source of many vitamins and minerals!</b>                                                                            |
| <b>35001/34987      26</b><br><b>Carrot Coins<sup>- 6 gm</sup></b><br><u>Fun fact:</u> The world's largest carrot was 20.5 feet tall! Carrots are delicious raw or cooked!<br><b>*Great source of vitamin A!</b>                         | <b>27</b><br><br><b>No Service</b> | <b>35000/34986      28</b><br><b>Grapefruit</b><br><u>Fun Fact:</u> grapefruit is a cross between an orange and a pumelo. It has a sweet, but also tart flavor.<br><b>*Great Vitamin C</b>                                                        | <b>33921/33922      29</b><br><b>Apple/Grape Combo<sup>- 7/10gm</sup></b><br><u>Fun fact:</u> Apples and grapes are some of the world's most popular fruits. They both come in a multitude of colors.<br><b>*Great source of vitamin C!</b>        | <b>33990/34954      30</b><br><b>Red Pepper Strips<sup>-2 gm</sup></b><br><u>Fun Fact:</u> Pepper strips make an excellent snack that can be eaten with dips such as hummus and guacamole.<br><b>*Great source of potassium!</b> |

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| <p><b>November 2<sup>nd</sup></b></p> <p><b>Daikon Coin-</b> 1.5 gm</p> <p>Fun Fact: Daikon's are a large, white radish. They have a mild, sweet flavor and crisp texture. They are native to East &amp; Central Asia.</p> |  |  |  |  |
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Resource: <https://idph.iowa.gov/inn/pick-a-better-snack/fact-sheets>