

September 2026 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1st No Service	No Service	No Service	No Service
No School	No Service	No Service	Gold Kiwi - 10 gm <u>Fun Fact:</u> You can eat the skins of kiwis! Gold Kiwis have smooth skin and are full of great vitamins and minerals. Try eating it like an apple today!	No Service
No School	No Service	34950/34949 Honeydew Chunks - 6 gm <u>Fun fact:</u> This melon is sweet and juicy. Honeydew tastes great on its own, in salads, and in chilled soups. *Great source of vitamin C!	33953/33970 Sugar Snap Peas - 6 gm <u>Fun fact:</u> Snap peas are a cross between snow peas and the garden pea. *Great source of fiber!	33944/33782 Mixed Fruit -7gm It's a surprise! Fruits are great sources of vitamins and minerals.
35982/35983 Carrot/Grape Tomato -3gm <u>Fun fact:</u> Both carrots and grape tomatoes come in a variety of colors! *Good source of vitamin A!	No Service	33950/33957 Cantaloupe -4gm <u>Fun fact:</u> Cantaloupes is the most popular type of melon in the U.S. This melon is sweet and juicy. *Good source of vitamin A!	33931/33958 Cucumbers -2 gm <u>Fun Fact:</u> There are about 50 different kinds of cucumbers! Some have smooth skin and others have bumpy skin. *Great source of vitamin K!	33948/33956 Mango - 8gm <u>Fun Fact:</u> Mangos grow in trees and are related to cashews and pistachios. *Good source of a variety of vitamins and antioxidants
339649/33959 Jicama - 4 gm <u>Fun fact:</u> Jicama is a juicy and crunchy root vegetable with thick, brown skin. It tastes like a cross between a potato and pear! *Great source of potassium!	No Service	33927/33928 Red Grapes - 8 gm <u>Fun fact:</u> Grapes are actually berries and there are over 8,000 different varieties! *Great source of potassium!	34996/3499 OCTOBER 1st Colored Cauliflower -2gm <u>Fun Fact:</u> Colored cauliflower is high in antioxidants. Raw cauliflower is crunchy and has a mild flavor. *Great source of vitamin C	33923/33924 OCTOBER 2nd Pineapple -8gm <u>Fun Fact:</u> Pineapples travel to Iowa from tropical places by plane, trains or automobiles! *Great Vitamin C!

Resource: <https://idph.iowa.gov/inn/pick-a-better-snack/fact-sheets>