

November 2026 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
November 2nd 35984/35985 Daikon Coin- 1.5 gm <u>Fun Fact:</u> Daikon's are a large, white radish. They have a mild, sweet flavor and crisp texture. They are native to East & Central Asia.	3 No Service	33921/33922 4 Apple/Grape Combo- 7/10gm <u>Fun fact:</u> Apples and grapes are some of the world's most popular fruits. They both come in a multitude of colors. *Great source of vitamin C!	35005/34991 5 Beet Sticks- 3gm <u>Fun fact:</u> Beet juice is often used as a natural fabric and food dye.	33915/33916 6 Sliced Sweet Apples- 10 gm <u>Fun Fact:</u> It takes 36 apples to make one gallon of apple cider! *Great source of fiber!
34999/34985 9 Grape Tomato Medley- 2 gm <u>Fun Fact:</u> Grape tomatoes are small and sweet. They are perfect for snacking on or adding to salads. Great source of vitamin A!	10 No Service	11 No School	12 No Service	35001/34987 13 Pineapple/Blueberries- 6 gm <u>Fun Fact:</u> The USA is the world's largest producer of blueberries! *Fruit is a great source of vitamins and minerals!
35982/35983 16 Carrot/Grape Tomato- 3gm <u>Fun fact:</u> Both carrots and grape tomatoes come in a variety of colors! *Good source of vitamin A!	17 No Service	34950/34949 18 Honeydew Chunks- 6 gm <u>Fun fact:</u> This melon is sweet and juicy. Honey dew tastes great on its own, in salads, and in chilled soups. *Great source of vitamin C!	33947/33783 19 Radishes- 1gm <u>Fun Fact:</u> Radishes were once used as currency in Egypt. *Great source of B vitamins!	33917/33918 20 Green Apple Slices- 10 gm <u>Fun Fact:</u> It takes 36 apples to make one gallon of apple cider! *Great source of fiber!
34939/34945 23 Broccoli/Carrots - 4 gm <u>Fun Fact:</u> Veggies are packed with fiber to help keep your body regular! *Great source of fiber!	24 No Service	25 No School	26 No School Thanksgiving Day	27 No School
30 No School	December 1st No Service			

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