

December 2026 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
November 30th No School	1 No Service	35988/35989 2 Pineapple/Red Grapes^{-8gm} <u>Fun fact:</u> Grapes are one of the world's most popular fruits. They are made up of 80% water! *Great source of vitamin C!	35006/34992 3 Snow Peas^{-2.5 gm} <u>Fun fact:</u> Snow peas grow on a vine that can be up to 6 feet in length. You can eat the peas, pods, and all! *Great source of folate!	33917/33918 4 Apple/Grape Combo^{-4/7gm} <u>Fun Fact:</u> Grapes and apples are both flavonoids, which are foods high in antioxidants. *Great source of potassium!
33933/34932 7 Broccoli Florettes^{-2gm} <u>Fun Fact:</u> In the U.S., 90% of broccoli is grown in California. China is the #1 producer in the world. *Good source of Fiber!	8 No Service	34950/34949 9 Honeydew^{-6gm} <u>Fun Fact:</u> Honeydew melons contain about 90% water, so it's a good way to stay hydrated! *Great source of vitamin A!	33931/33958 10 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!	35000/34986 11 Grapefruit Wedges^{-6gm} <u>Fun Fact:</u> Botanically, grapefruit is considered a berry. *Great source of Vitamin C!
33969/33976 14 Green Pepper Strips^{-2 gm} <u>Fun Fact:</u> Pepper strips make an excellent snack that can be eaten with dips such as hummus and guacamole. *Great source of potassium!	15 No Service	16 No Service	17 No Service	18 No Service
21 No Service	22 No Service	23 No School	24 No School	25 No School
28 No School	29 No School	30 No School	31 No School	

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