

January 2027 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 No School	5 No Service	33950/33957 6 Cantaloupe -4 gm <u>Fun fact:</u> This fruit grows on long vines and belongs to the pumpkin family. They can be eaten fresh by itself or added to a fruit salad. *Great Vitamin A & C!	33977/34977 7 Zucchini - 2 gm <u>Fun fact:</u> The flowers of a zucchini plant are edible! The darker the zucchini skin, the richer the nutrients. *Goes great with ranch!	34950/34949 8 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!
35982/35983 11 Carrot/Grape Tomato -3gm <u>Fun fact:</u> Both carrots and grape tomatoes can be eaten fresh or added to favorite hot dishes. *Good source of vitamin A!	12 No Service	33927/33928 13 Red Grapes - 8 gm <u>Fun fact:</u> Grapes come in many other colors other than red. These include green, purple, black, blue, and even pink. *Great source of potassium!	33969/33976 14 Green Pepper Strips -2gm <u>Fun Fact:</u> Peppers sweeten as they ripen, so red bell peppers are sweeter than green peppers. *Great source of vitamin C!	35972/35973 15 Apple/Grape Combo - 7/10gm <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!
18 No School	19 No Service	33923/33924 20 Pineapple -8gm <u>Fun Fact:</u> Pineapple trees can produce fruit up to 50 years. *Great Vitamin C!	35986/35987 21 Butternut Squash -6 gm <u>Fun Fact:</u> Butternut squash is also called winter squash. It has a nutty and sweet flavor. *Goes great with Ranch!	33944/33782 22 Mixed Fruit -7 gm It's a surprise! Fruit is a great source of many vitamins and minerals
35972/35973 25 Carrot/Celery - 5 gms <u>Fun Fact:</u> This great combination is a packed with fiber to help keep your body regular! *Great source of fiber!	26 No Service	35000/34986 27 Grapefruit Wedges - 6 gm <u>Fun Fact:</u> Grapefruits got their name from the way they grow in clusters on a tree similar to grapes. *Great source of potassium!	349939/34945 28 Broccoli/Carrot -4 gm <u>Fun Fact:</u> Rabbits love eating broccoli and carrots. Both broccoli and carrots can be eaten raw or cooked. *Great source of fiber!	33915/33916 29 Sliced Sweet Apples - 8 gm <u>Fun fact:</u> The most popular green apple is the Granny Smith. *Great source of fiber!

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