

February 2027 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No Service	3 Special Order Red Plum^{-7.5 gm} <u>Fun Fact:</u> While the outer skin is dark, plums can be yellow or red on the inside. They are very sweet! *Great source of antioxidants!	4 335006/34992 Snow Peas^{-4 gm} <u>Fun Fact:</u> Snow peas taste sweet and crisp. They are called snow peas because they can grow in colder weather. *Great source of vitamin C!	5 33915/33916 Sliced Sweet Apples^{-10 gm} <u>Fun Fact:</u> Americans eat more apples than any other fruit. Apples come in several shades of red and green. *Great source of vitamin C!
30796/34944 8 Veg Medley It's a surprise! Veggies are great sources of vitamins and minerals!	9 No Service	33917/33918 10 Sliced Green Apples^{- 8 gm} <u>Fun fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Good source of antioxidants!	33933/34932 11 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!	33921/33922 12 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!
15 No School	16 No Service	33927/33928 17 Red Grapes^{- 8 gm} <u>Fun fact:</u> A grape vine can grow up to 50 feet long! *Great source of potassium!	33931/33958 18 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!	33950/33957 19 Cantaloupe^{- 10 gm} <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 *Great Vitamin A & C!
35003/34989 22 Turnip Sticks^{- 6gm} <u>Fun fact:</u> Related to radishes, mustard and collard greens. It has a slightly spicy taste when eaten raw. Great with Ranch! (0gm)	23 No Service	33923/33924 24 Pineapple^{-8gm} <u>Fun Fact:</u> Pineapples take over 2 years to grow! Each plant can only grow 1 pineapple at a time. *Great Vitamin C!	34997/34983 25 Rainbow Carrots^{-6gm} <u>Fun fact:</u> Carrots come in lots of colors including purple, yellow, red, white, orange, & even black! Great with Ranch! (0gm)	33915/33916 26 Mixed Fruit^{-7 gm} It's a surprise! Fruit is a great source of many vitamins and minerals!

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

***Monday, March 1st – Jicama