

October FFVP MENU



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHILI LIME BABY CARROTS	2 RED DELICIOUS APPLE
5	6	7 KIWIBERRIES	8 YAM STICKS	9 PERSIMMONS	
OCTOBER BREAK 12TH-19TH					
19	20	21 GUAVA	22 MEDJOOL DATES	23 CUCUMBER COINS	
26	27	28 CRIMSON APPLE	29 JICAMA STICKS	30 BANANA	



MEDJOOL DATES

MEDJOOL DATES ARE NATURALLY SWEET AND CHEWY,
ALMOST LIKE NATURE'S CANDY!

DID YOU KNOW?

DATES GROW ON DATE PALM TREES
AND HAVE BEEN ENJOYED

BY PEOPLE FOR
THOUSANDS OF YEARS.



KIWIBERRIES

KIWIBERRIES ARE LIKE TINY KIWIS YOU CAN
EAT WHOLE, EVEN THE SKIN! THEY ARE SWEET,
JUICY, AND PACKED WITH VITAMIN C.

DID YOU KNOW?

KIWIBERRIES ARE RELATED TO REGULAR
KIWIS, BUT THEY ARE MUCH SMALLER AND
HAVE SMOOTH SKIN.



PERSIMMONS

PERSIMMONS ARE A SWEET FRUIT
THAT CAN BE ORANGE, ROUND, AND
SUPER JUICY WHEN RIPE!

DID YOU KNOW?

THE WORD PERSIMMON COMES FROM A
NATIVE AMERICAN WORD MEANING
"DRY FRUIT."

