

October 2026

Fresh Fruit & Vegetable Program



The Fresh Fruit & Vegetable Program (FFVP) is a federal program that provides free, fresh fruits & vegetables at participating schools during the school day!

Fruits & vegetables will be served every Tuesday & Thursday. Two student representatives will pick up the produce from their school kitchen at the designated time and take it back to their class to enjoy, while listening to the nutrition education announcement.

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TUESDAY

Gold Apple Slices



- Gold Apples have lots of **vitamin C**, which helps your body heal from cuts and keep your immune system strong.
- Gold apples are a source of **carbohydrates**— giving your body energy to learn, play, and stay active.
- Apples have lots of **water** to help keep you hydrated.
- Apples have **fiber**, keeping your tummy full and happy.

27

Pear

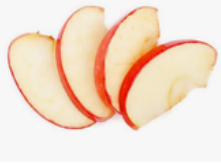


- Pears are packed with **copper** to which lets you body have energy to play and run.
- Pears are packed with **vitamin K** which helps keep your bones strong.

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THURSDAY

Red Apple Slices



- Apples are packed with **potassium** Helps your muscles and heart work properly.
- Apples have lots of **fiber** to help you feel full after eating a snack.

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Baby Carrots



- Carrots **vitamin A** to help your eyes.
- Baby carrots contain **vitamin K**, which helps support healthy bones.
- Carrots have **potassium**, which helps your muscles and nerves work.
- Their crunch comes with **fiber**, which helps keep your tummy happy!

Participating School Sites: Aguilar, Arredondo, Shamley, Curry, Fees, Frank, Holdeman, Mosley, Nevitt, Scales, Spracale, Connolly, Thew, and Wood

BE A FRUIT & VEGGIE EXPLORER!



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