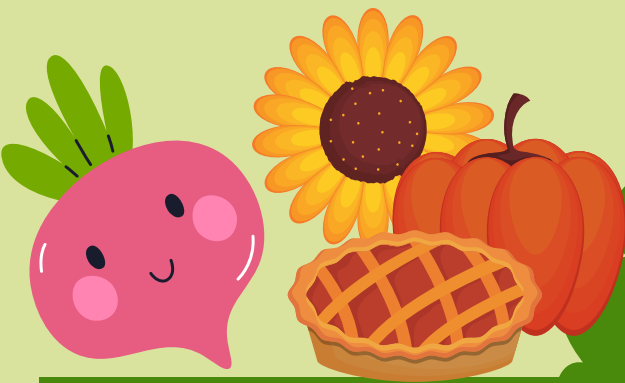
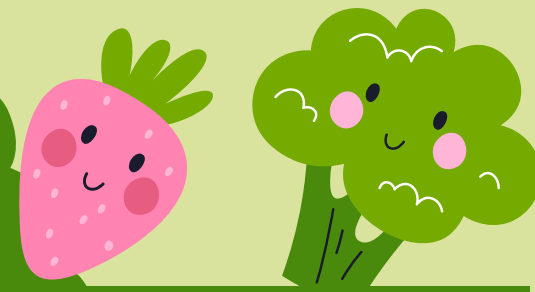




November 2026

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.



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

BE A FRUIT & VEGGIE EXPLORER!



**FRESH
FRUIT &
VEGETABLE
PROGRAM**



TUESDAY

3



Green Apple Slices

- Green apples have **vitamin C**, which helps your body heal cuts.
- Green apples have **fiber** that helps food move through your tummy and keeps you regular.
- Green apples contain lots of **water** to help keep your body hydrated..
- They contain **natural sugars** that your body can use for energy when you play and learn.
- Eat the peel! The skin of a green apple contains **fiber** and helpful plant nutrients, so you can enjoy the whole apple!

10



Radish

- Radishes contain **vitamin C**, which helps your body fight off germs.
- Radishes contain **potassium**, which helps your nerves and muscles work properly.
- They contain lots of **water** to help keep you hydrated.

THURSDAY

5



Celery Sticks

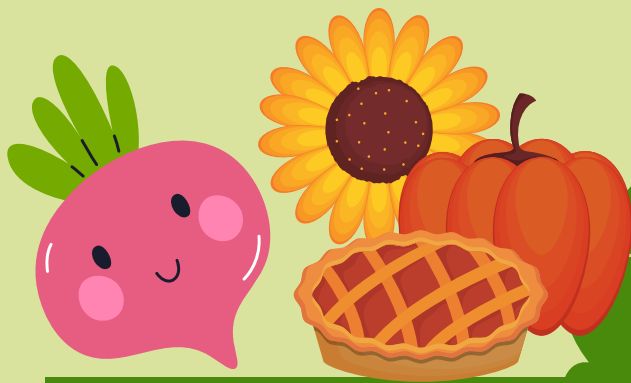
- Celery contains lots of **water** to help keep your body hydrated.
- Celery contains **vitamin A**, which helps keep your eyes healthy.
- Celery contains **potassium**, a mineral that helps your muscles work properly.
- Celery has **fiber** that helps keep your tummy regular.

12



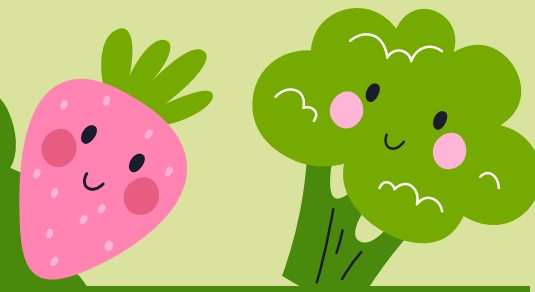
Cauliflower Florets

- Cauliflower has **vitamin C** to keep your body strong.
- They have **vitamin K** to keep your bones healthy.
- They are packed with **vitamin B6** to keep your brain energized to learn.



November 2026

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TUESDAY

17



Petite Bananas

- Bananas give you energy to play.
- They have **potassium** which helps your muscles move.
- Bananas are sweet thanks to their **natural sugars!**

24

No FFVP

THURSDAY

19



Coin 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!

26

No FFVP

December 2026

Fresh Fruit & Vegetable Program



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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.

TUESDAY

1

Lunch Bunch Grapes



- Red Grapes has **copper**, keeping your blood healthy throughout your body.
- They also have tons of **vitamin K** to help you heal when you have a cut.

15

THURSDAY

Broccoli Floret

3



- Broccoli contains **vitamin K**, which helps your body build strong bones.
- Broccoli has **vitamin C**, which helps your body heal and repair itself.
- Broccoli contains **folate**, a vitamin that helps your body make healthy new cells.
- They contain **potassium**, which helps your muscles work.

17

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

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