FFVP MENU

NOVEMBER 2026

CHILD NUTRITION SERVICES
Adelanto Elementary School District

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 MINI CRAB APPLES	5 RED KIWI	6 CHILI LIME BABY CARROTS
9	10 PERSIMMONS	11 **VETERANS DAY**	12 YAM STICKS	13 HONEY JUJUBE
16	17	18 CANTALOUPE CHUNKS	19 SWEET MINI MEDLEY PEPPERS	20 LUCY GLO APPLES
Thanksgiving Break November 23th -27th				
30				



LUCY GLO APPLES

- **WHERE DO THEY COME FROM?** LUCY GLO APPLES WERE DEVELOPED IN WASHINGTON STATE.
- **GOOD FOR YOU!** THEY CONTAIN FIBER TO HELP YOUR TUMMY AND VITAMIN C TO SUPPORT A HEALTHY BODY.
- **WHAT COLORS ARE THEY?** THEY HAVE GOLDEN-YELLOW SKIN AND A BEAUTIFUL PINK AND RED INSIDE!
- **HOW DO THEY TASTE?** THEY ARE CRUNCHY, JUICY, AND A MIX OF SWEET AND TANGY.
- **SPECIAL FACT:** THESE APPLES HAVE NATURALLY COLORFUL FLESH INSIDE, SO CUTTING ONE OPEN IS LIKE DISCOVERING A LITTLE SURPRISE!







HONEY JUJUBE

- **WHERE DO THEY COME FROM?** JUJUBES HAVE BEEN GROWN IN CHINA FOR THOUSANDS OF YEARS.
- **GOOD FOR YOU!** THEY PROVIDE VITAMIN C TO HELP KEEP YOUR BODY HEALTHY AND FIBER TO HELP WITH DIGESTION.
- **WHAT COLOR ARE THEY?** THEY START GREEN AND TURN REDDISH-BROWN AS THEY RIPEN.
- **HOW DO THEY TASTE?** HONEY JAR JUJUBES ARE SWEET, JUICY, AND CRUNCHY, A LITTLE LIKE APPLES!
- **SPECIAL FACT:** JUJUBES ARE ALSO CALLED CHINESE DATES, BUT FRESH ONES TASTE MORE LIKE CRUNCHY APPLES!

PERSIMMONS

- **WHERE DO THEY COME FROM?** PERSIMMONS ORIGINALLY COME FROM ASIA, ESPECIALLY CHINA, WHERE THEY HAVE BEEN GROWN FOR THOUSANDS OF YEARS.
- **GOOD FOR YOU!** PERSIMMONS CONTAIN VITAMIN A, VITAMIN C, AND FIBER TO HELP KEEP YOUR BODY HEALTHY AND YOUR TUMMY HAPPY.
- **WHAT COLOR ARE THEY?** PERSIMMONS ARE BRIGHT ORANGE AND HAVE A LEAFY GREEN TOP THAT LOOKS LIKE A LITTLE HAT!
- **HOW DO THEY TASTE?** RIPE PERSIMMONS ARE SWEET AND TASTE A LITTLE LIKE HONEY, APRICOTS, AND DATES.
- **SPECIAL FACT:** PERSIMMONS ARE SOMETIMES CALLED THE FRUIT OF THE GODS! SOME VARIETIES ARE SOFT AND PUDDING-LIKE WHEN RIPE, WHILE OTHERS, LIKE FUYU, CAN BE EATEN WHILE STILL FIRM AND CRUNCHY.

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