

December 2018 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Broccoli <u>Fun Fact:</u> Broccoli is one of the few veggies that grow year-round! *Great Vitamin A & C!	Apple /Grape Combo <u>Fun Fact:</u> Apples grow on trees in 36 states. *Great Vitamin C & K, plus Fiber!	1 hr. Early Dismissal No Service	Celery <u>Fun Fact:</u> It only takes 1oz of celery seeds to grow 1 acre of celery *Great Vitamin C & Potassium!	Honeydew <u>Fun Fact:</u> Melon has hollowed cavity filled with seeds that are scooped out before eating *Great Vitamin A & C!
10	11	12	13	14
Radishes <u>Fun Fact:</u> radishes are the root of a plant. spicy, crisp & zesty flavor *Great Potassium!	Mandarin Orange <u>Fun Fact:</u> member of the orange family easy to peel *Great Vitamin C & A	1 hr. Early Dismissal No Service	Zucchini <u>Fun Fact:</u> Part of the squash family, very mild taste *Great Vitamin C!	Sweet Apple Slices <u>Fun Fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Great Fiber!
17	18	19	20	21
Red Grapes <u>Fun Facts:</u> One of the oldest fruits to be grown *Great Vitamin C!	Yams <u>Fun Fact:</u> yams are known as a "soft" sweet potato *Great Vitamin A!	1 hr. Early Dismissal No Service	No School Winter Break	No School Winter Break
24	25	26	27	28
No School Winter Break	No School Winter Break	No School Winter Break	No School Winter Break	No School Winter Break