

January 2019 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
No School	No School	No School	No Service Delivery of (Carroteenies)	Carroteenies <u>Fun Fact:</u> Start as root vegetable underground with green leaves above the dirt, then later are processed into smaller carrots *Great Vitamin A!
7	8	1 Hr. Early Dismissal 9	10	11
Sweet Apple Slices <u>Fun Fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Great Fiber!	Parsnip Strips <u>Fun Fact:</u> In Europe, parsnips were used to sweeten jams and cakes before sugar was widely available * High in Folate	No Service	Grapefruit Wedges <u>Fun Fact:</u> grapefruit is a cross between an orange and a pumelo. It has a sweet, but also tart flavor *Great Vitamin C & Potassium!	Watermelon Radish <u>Fun Fact:</u> watermelon radish is part of the root family, radish [Chinese] meaning, "beauty in the heart" – mild peppery taste *Great Vitamin C!
14	15	1 Hr. Early Dismissal 16	2 Hr. Early Dismissal 17	18
Yellow Cherry Tomatoes <u>Fun Fact:</u> there are 4,000+ different varieties of tomatoes *Great Potassium!	Black Grapes <u>Fun Fact:</u> 80% of grapes are water! *Great Vitamin C & K!	No Service Delivery (Whole Pear & Apple and Grape Combo)	Apple & Grape Combo <u>Fun Fact:</u> Apples grow on trees in 36 states. *Great Vitamin C & K, plus Fiber!	No School In Service
21	22	1 Hr. Early Dismissal 23	24	25
No School Martin Luther King Day	Whole Red Pear <u>Fun Fact:</u> Pears were called butter fruit because of the butter like texture *Great Fiber! (Order to come in 1-16-19)	No Service	Snow Peas <u>Fun Fact:</u> sweet, crisp taste. Peas grow in Iowa! *Great Fiber!	Red Grapes <u>Fun Fact:</u> One of the oldest fruits to be grown *Great Vitamin C!
28	29	1 Hr. Early Dismissal 30	31	1
Honeydew <u>Fun Fact:</u> Melon has hallowed cavity filled with seeds that are scooped out before eating *Great Vitamin A & C!	Grape Tomatoes <u>Fun Fact:</u> newest and smallest variety of tomatoes *Great Vitamin C!	No Service	Cauliflower <u>Fun Fact:</u> Cauliflower can be used as a substitute for rice or potato *Great Vitamin C, K & B!	Sliced Green Apples <u>Fun Fact:</u> There are 2,500+ varieties of apples grown in the U.S. this one has a crisp bite & tangy flavor! *Great Fiber!