

February 2019 FF&VP Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grape Tomatoes <u>Fun Fact:</u> newest and smallest variety of tomatoes *Great Vitamin C!
4 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!	5 Cauliflower <u>Fun Fact:</u> Cauliflower is very nutritious, and may be eaten boiled, fried, roasted, steamed, pickled, or raw. *Great Vitamin C, K, B6, folate	1 hr. Early Dismissal 6 No Service	7 Orange Wedge <u>Fun Fact:</u> Orange trees are the most common fruit tree in the world *Great Vitamin C!	8 Celery Sticks <u>Fun Fact:</u> It only takes 1 oz of celery seeds to grow 1 acre of celery *Great Vitamin C & Potassium!
11 Sweet Apple Slices <u>Fun Fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Great Fiber!	12 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!	1 hr. Early Dismissal 13 No Service	14 Pineapple <u>Fun Fact:</u> Pineapples travel to Iowa from tropical places by plane, trains or automobiles *Great Vitamin C!	15 Cucumbers <u>Fun Fact:</u> Described as "cool" cucumbers because the temperature inside can be up to 20 degrees cooler than the outside temperature *Great Vitamin A & C!
18 No School President's Day	19 Plum <u>Fun Fact:</u> plum is a drupe or stone fruit, meaning its fleshy fruit surrounds a single hard seed *Great Vitamin C	1 hr. Early Dismissal 20 No Service	21 Yam <u>Fun Fact:</u> There are 600+ varieties of yams. Yams are a softer sweet potato *Great Vitamin A!	22 Grapefruit <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!
25 Squash <u>Fun Fact:</u> Three native plants were used for agriculture by the Native Americans: Corn, beans & squash They are known by the name of "3 sisters" *Great Vitamin C!	26 Sweet Apple Slices <u>Fun Fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Great Fiber!	1 hr. Early Dismissal 27 No Service	28 Black Grapes <u>Fun Fact:</u> 80% of grapes are water! *Great Vitamin C & K!	