

March 2019 FF&VP Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Jicama <u>Fun Facts:</u> Jicama is a vegetable that is grown as a root *Great vitamin C & Potassium
4 Sweet Apple Slices <u>Fun Fact:</u> Favorite for snacks, salads, sauces & pies! *Great Fiber!	5 Carrot Coins <u>Fun Fact:</u> Orange carrots originated in the 16 th Century, original color was purple *Great Vitamin A!	6 No Service	7 Cantaloupe <u>Fun Fact:</u> a cantaloupe starts as a flower on a vine. Once a bee pollinates the flower on the vine is when the melon starts growing *Great Vitamin A & C!	8 Yellow Tomatoes <u>Fun Fact:</u> there are 4,000+ different varieties of tomatoes *Great Potassium!
11 No School Spring Break	12 No School Spring Break	13 No School Spring Break	14 No School Spring Break	15 No School Spring Break
18 No Service	19 Tangelos <u>Fun Fact:</u> Tangelos are sweet, juicy, have few seeds are easy to peel. *Great Vitamin C!	20 No Service	21 Snap Peas <u>Fun Fact:</u> sweet, crisp taste. Peas grow in Iowa! *Great Fiber!	22 Pineapple <u>Fun Fact:</u> Pineapples travel to Iowa from tropical places by plane, trains or automobiles *Great Vitamin C!
25 Orange Wedges <u>Fun Fact:</u> Orange trees are the most common fruit tree in the world *Great Vitamin C!	26 Veggie Medley <u>Fun Fact:</u> Vegetables are a very important part of a meal *Great of Fiber & Vitamins!	27 No Service	28 Mixed Fruit <u>Fun Fact:</u> having a variety of fruits can provide many different nutrients and is a great way to stay healthy!	29 Green/Red Peppers <u>Fun Fact:</u> Not all peppers have to be spicy, this one is mild & sweet! *Great Vitamin C!