

April 2019 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Broccoli & Cauliflower <u>Fun Fact:</u> Broccoli & Cauliflower is one of the few veggies that grow year-round! *Great Vitamin A & C!	Mixed Fruit <u>Fun Fact:</u> having a variety of fruits can provide many different nutrients and is a great way to stay healthy!	No Service	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!	2 hr. Early Dismissal 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!
8	9	10	11	12
Sweet Apple Slices <u>Fun Fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Great Fiber!	Broccoli <u>Fun Fact:</u> Broccoli is one of the few veggies that grow year-round! *Great Vitamin A & C!	No Service	Strawberries <u>Fun Fact:</u> The name may have come from children who threaded the berries on straws and sold them *Great Vitamin C!	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!
15	16	17	18	19
Grape Tomatoes <u>Fun Fact:</u> newest and smallest variety of tomatoes *Great Vitamin C!	Black Grapes <u>Fun Fact:</u> 80% of grapes are water! *Great Vitamin C & K!	No Service Place order for (18, 22, & 23)	Apple & Grape Combo <u>Fun Fact:</u> Apples grow on trees in 36 states. *Great Vitamin C & K, plus Fiber!	No School In Service
22	23	24	25	26
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!	Braeburn Apple <u>Fun Fact:</u> Is only one variety of apples and is both sweet and tart in flavor *Great Fiber! (Whole Apple)	No Service	Rutabaga Strips <u>Fun Fact:</u> rutabaga is a root vegetable, it is a cross between a cabbage & turnip *Great Vitamin C & Fiber!	Honeydew Chunks <u>Fun Fact:</u> Melon has hollowed cavity filled with seeds that are scooped out before eating *Great Vitamin A & C!
29	30	1	2	3
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!	Red Grapes <u>Fun Fact:</u> One of the oldest fruits to be grown *Great Vitamin C!	No Service		