

October 2019 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
		No School	Pineapple <u>Fun Fact:</u> Pineapples travel to Iowa from tropical places by plane, trains or automobiles *Great Vitamin C!	Cucumber Slices <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!
7	8	9	10	11
Black Grapes <u>Fun Fact:</u> 50+ varieties of grapes (black , blue, golden, red, green, etc.) *Great Vitamin C & K!	Carrot Coins <u>Fun Fact:</u> carrot coins were once bigger but were peeled and cut into their shape before being packaged *Great Vitamin A!	1 Hr. Early Dismissal No Service	Green Peppers <u>Fun Fact:</u> Green peppers are a type of bell pepper. Bell peppers do not contain capsaicin, the compound that makes other peppers spicy.	Honeydew Chunks <u>Fun Fact:</u> Melon has hollowed cavity filled with seeds that are scooped out before eating *Great Vitamin A & C!
14	15	16	17	18
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!	Jicama <u>Fun Facts:</u> Jicama is a vegetable that is grown as a root *Great vitamin C & Potassium	1 Hr. Early Dismissal No Service	Yams <u>Fun Fact:</u> yams are known as a “soft” sweet potato *Great Vitamin A!	Red Grapes <u>Fun Fact:</u> One of the oldest fruits to be grown *Great Vitamin C!
21	22	23	24	25
Orange Wedges <u>Fun Fact:</u> there are 600 varieties worldwide *Great Vitamin C and Fiber!	Yellow Squash <u>Fun Fact:</u> Squash belong to the gourd family along with melons, cucumbers, and pumpkins.	1 Hr. Early Dismissal No Service	2 Hr. Early Dismissal No Service	In-Service No School
28	29	30	31	1
Apple Slices <u>Fun Fact:</u> There are 2,500 types of apples grown in the USA. 7,500 types throughout the world. *Great Fiber!	Carrot Coins <u>Fun Fact:</u> carrot coins were once bigger but were peeled and cut into their shape before being packaged *Great Vitamin A!	1 Hr. Early Dismissal No Service	Rutabaga Sticks <u>Fun Fact:</u> Rutabagas are like turnips but larger, sweeter and less bitter. They are considered a cross between turnips and cabbage.	Mango Chunks <u>Fun Facts:</u> Mango is a juicy tropical stone fruit *Great Vitamin A, C & B

Resource: <https://idph.iowa.gov/inn/pick-a-better-snack/fact-sheets>