

September 2019 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day No School	3 No Service	1 hr. Early Dismissal 4 No Service	5 Red Pepper Strips <u>Fun Fact:</u> Not all peppers have to be spicy, this one is mild & sweet! *Great Vitamin C!	6 Oranges <u>Fun Fact:</u> There are 600 varieties of oranges worldwide.
9 Sweet Apple Slices <u>Fun Fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Great Fiber!	10 Grape Tomatoes <u>Fun Fact:</u> newest and smallest variety of tomatoes *Great Vitamin C!	1 hr. Early Dismissal 11 No Service	12 Mixed Fruit <u>Fun Fact:</u> having a variety of fruits can provide many different nutrients and is a great way to stay healthy!	13 Parsnip Strips <u>Fun Fact:</u> Parsnips are related to a carrot *Great Iron
16 Apple/Grape Combo <u>Fun Fact:</u> Apples grow on trees in 36 states. *Great Vitamin C & K, plus Fiber!	17 Veg Medley <u>Fun Fact:</u> Vegetables are a very important part of a meal *Great of Fiber & Vitamins!	1 hr. Early Dismissal 18 No Service	19 Strawberries <u>Fun Fact:</u> The name may have come from children who threaded the berries on straws and sold them *Great Vitamin C!	20 Broccoli <u>Fun Fact:</u> Broccoli is one of the few veggies that grow year-round! *Great Vitamin A & C!
23 Mango Chunks <u>Fun Facts:</u> Mango is a juicy tropical stone fruit *Great Vitamin A C & B	24 Snow Peas <u>Fun Fact:</u> sweet, crisp taste. Peas grow in Iowa! *Great Fiber!	1 hr. Early Dismissal 25 No Service	26 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!	27 Purple Cauliflower <u>Fun Fact:</u> purple coloring occurs naturally and will be milder and sweeter than white cauliflower *Great Vitamin A!
30 Turnips <u>Fun Fact:</u> Turnips have a sweet, peppery, radish-like taste. They can be crunchy and juicy as well.	1 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!	1 hr. Early Dismissal 2 No Service	3	4

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