

## April 2020 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
		1  No Service	2  <b>Grapefruit Wedges</b> <u>Fun Fact:</u> Grapefruit season is winter until early spring. It is a citrus fruit high in Vitamin C, which helps us to fight off colds.	3  <b>Mixed Pepper Strips</b> <u>Fun Fact:</u> pepper strips make an excellent snack that can be eaten with dips such as hummus and guacamole.
6  <b>Mango</b> <u>Fun Fact:</u> Many of the worlds mangos are grown in India. Mango has Vitamin A; an vitamin that protects your body from damage.	7  <b>Carroteenies</b> <u>Fun Fact:</u> Carrots get their orange color from a nutrient they contain called beta-carotene.	8  No Service	9  <b>Strawberries</b> <u>Fun Fact:</u> Strawberries, like other fruits, contain minerals. Minerals are needed for your body to function and be healthy.	10  No School
13  No School	14  No Service	15  No Service	16  <b>Apple &amp; Grape Combo</b> <u>Fun Fact:</u> Many important nutrients can be found in the skin of apples and grapes.	17  <b>Cantaloupe</b> This fruit contains potassium. Potassium helps to keep your muscle and nervous system working.
20  <b>Cantaloupe</b> <u>Fun Fact:</u> This fruit is high in Vitamin A and C. These vitamins are good for your skin and bones.	21  <b>Rainbow Carrots</b> <u>Fun Fact:</u> Carrots can be white, orange, purple, yellow, and red. The nutrient beta-carotene was named after this vegetable.	22  No Service	23  <b>Turnip Sticks</b> <u>Fun Fact:</u> Turnips are a root vegetable. Root vegetables grow underground. Other root vegetables are carrots and pototos.	24  <b>Pineapple</b> <u>Fun Fact:</u> This tropical fruit is delicious and healthy. The nutrients found in pineapple can help with the digestion of food.
27  <b>Orange Pepper</b> <u>Fun Fact:</u> Orange peppers contain B Vitamines which help our brains and give us energy.	28  <b>Honeydew</b> <u>Fun Fact:</u> Melons are part of the gourd family. Squash, pumpkin, and cucumber are also in this family of fruits and vegetables.	29  No Service	30  <b>Sugar Snap Peas</b> <u>Fun Fact:</u> Sugar snap peas contain fiber. Fiber is very important for healthy digestion and is found in many fruits and vegetables.	