

March 2020 FF&VP Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet Apple Slices <u>Fun Fact:</u> Many of the nutrients found in apples are located in the skin!	3 Rainbow Carrots <u>Fun Fact:</u> The different colors of carrots are due to the different levels and kinds of nutrients in them.	4 No Service	5 Cantaloupe <u>Fun Fact:</u> Cantaloupe contains high amounts of Vitamin A, which is good for your eyes!	6 Zucchini <u>Fun Fact:</u> Zucchini has antioxidants, which help to fight off illness and keep you healthy.
9 Sweet Apple Slices <u>Fun Fact:</u> Apples are the second most eaten fruit in the United States. There are many different kinds of apples. They all taste and look slightly different.	10 Broccoli/Cauliflower <u>Fun Fact:</u> These two vegetables are related. They both are cruciferous vegetables and are excellent sources of healthy nutrients.	11 No Service	12 Honeydew Melon <u>Fun Fact:</u> Honeydew melon is the sweetest kind of melon. It contains Vitamin C which is great for your immune system.	13 Yellow Grape Tomatoes <u>Fun Fact:</u> They contain the mineral potassium which helps control blood pressure.
16 No School Spring Break	17 No School Spring Break	18 No School Spring Break	19 No School Spring Break	20 No School Spring Break
23 No Service	24 No Service	25 No Service	26 Gooseberry <u>Fun Fact:</u> These berries can be as small as a pea, or as large as an egg. They contain fiber which is needed for good digestion.	27 Celery <u>Fun Fact:</u> Celery contains Vitamin K, which helps create strong bones.
30 Mixed Fruit <u>Fun Fact:</u> Eating different fruits together means that you will be eating a variety of different nutrients!	31 Sweet Green Apple <u>Fun Fact:</u> The first apples ever eaten were called crabapples and were the size of an olive.			