

## May 2020 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
		No Service		1 <b>Jicama</b> <u>Fun Fact:</u> Jicama is a cross between an apple and a turnip. It grows best in warm places like Mexico.
4 <b>Red Grapes</b> <u>Fun Fact:</u> Red grapes contain antioxidants. Antioxidants protect the cells we have inside our body from damage.	5 <b>White Peach</b> <u>Fun Fact:</u> There are hundred of types of peaches. White peaches have Vitamin C and A which keep your immune system strong.	6  No Service	7 <b>Yellow Nectarine</b> <u>Fun Fact:</u> This fruit contains vitamins and minerals such as calcium, potassium, and magnesium. These nutrients are good for our bones.	8 <b>Radish</b> <u>Fun Fact:</u> Some kinds of radish can taste very spicy. Radishes come in many colors including, pink, white, red, purple, and even black.
11 <b>Pineapple</b> <u>Fun Fact:</u> This fruit is grown in Hawaii. A powerful nutrient found in pineapple is manganese which helps keep our bones and immune system strong.	12 <b>Celery Sticks</b> <u>Fun Fact:</u> Celery contains a lot of water, which is in part why it is so crisp.	13  No Service	14 <b>Lychee Fruit</b> <u>Fun Fact:</u> This fruit grows on a tree. It is popular around the world as an ingredient in ice cream and smoothies.	15 <b>Yams</b> <u>Fun Fact:</u> Yams contain carbohydrates. Our bodies use carbohydrates for energy throughout the day.
18 <b>Grapefruit</b> <u>Fun Fact:</u> Grapefruits can be red or white. Red grapefruits have more Vitamin A which gives it a bright color. Colorful foods are usually healthy.	19 <b>Black Grapes</b> <u>Fun Fact:</u> Black grapes are good for our health because they contain nutrients such as Vitamin K and copper, which help our bodies be strong.	20  No Service	21 <b>Red Plum</b> <u>Fun Fact:</u> Red plums contain fiber which can't be digested so it helps to clean out our intestines by moving food along.	22 <b>Strawberries</b> <u>Fun Fact:</u> Eating strawberries can count towards the 1 cup of fruit that is recommended to be eaten every day for good health.
25  No Service	26	27  No Service	28	29