

September 2020 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
7 Labor Day No School	8 No Service	9 No Service	10 Sweet Apple Slices <u>Fun Fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Great Fiber!	11 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!
14 Sweet Apple Slices <u>Fun Fact:</u> Apple slices are a favorite for snacks, salads, sauces & pies! *Great Fiber!	15 Carrot Coins <u>Fun Fact:</u> newest and smallest variety of tomatoes *Great Vitamin C!	16 No Service	17 Sliced Green Apples <u>Fun Fact:</u> There are 2,500 types of apples grown in the USA. 7,500 types throughout the world. *Great Fiber!	18 Rainbow Carrots <u>Fun Fact:</u> Rainbow carrots flavor isn't that much different from regular carrots. *Great source of Vitamin C and K
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Resource: <https://idph.iowa.gov/inn/pick-a-better-snack/fact-sheets>