

**January 2021 FF&VP**

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
No Service	No Service	No Service	<b>6g Honeydew Chunks</b> <u>Fun fact:</u> This melon is sweet and juicy. Honey dew tastes great on its own, in salads, and in chilled soups. *Great source of vitamin C!	<b>2g Zucchini</b> <u>Fun fact:</u> The flower on the zucchini plant can also be eaten. *Great source of vitamin A!
11	12	13	14	15
<b>6g Honeydew Chunks</b> <u>Fun fact:</u> This melon is sweet and juicy. Honey dew tastes great on its own, in salads, and in chilled soups. *Great source of vitamin C!	<b>2g Zucchini</b> <u>Fun fact:</u> The flower on the zucchini plant can also be eaten. *Great source of vitamin A!	No Service	<b>10g Red Grapes</b> <u>Fun Fact:</u> A grape vine can grow up to 50 feet long! *Great source of vitamin K!	<b>6g Orange Wedges</b> <u>Fun fact:</u> There are over 600 varieties of orange trees. Oranges are sweet and juicy. *Great source of vitamin C!
18	19	20	21	22
No Service <b>Martin Luther King Jr. Day</b>	<b>6g Orange Wedges</b> <u>Fun fact:</u> There are over 600 varieties of orange trees. Oranges are sweet and juicy. *Great source of vitamin C!	No Service	<b>8g Pineapple</b> <u>Fun Fact:</u> Pineapples travel to Iowa from tropical places by plane, trains or automobiles *Great source of vitamin C!	<b>6g Beet Stick</b> <u>Fun Fact:</u> Beets get their red color from antioxidants called betacyanins. *Great source of vitamin C!
25	26	27	28	29
<b>8g Pineapple Chunks</b> <u>Fun Fact:</u> Pineapples travel to Iowa from tropical places by plane, trains or automobiles *Great source of vitamin C!	<b>6g Beet Stick</b> <u>Fun Fact:</u> Beets get their red color from antioxidants called betacyanins. *Great source of vitamin C!	No Service	<b>6g Grapefruit</b> <u>Fun Fact:</u> One grapefruit tree can produce 1,500 pounds of fruit. Grapefruits have a bitter, juicy taste. *Great source of potassium!	<b>2g Cauliflorettes</b> <u>Fun fact:</u> Cauliflower is a flower. It is harvested in the fall. *Great source of vitamin C!

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