

**May 2024 FF&VP**

Monday	Tuesday	Wednesday	Thursday	Friday
		33923/33924 <b>May 1</b> <b>Pineapple</b> -8gm <u>Fun Fact:</u> Pineapples take over 2 years to grow! Each plant can only grow 1 pineapple at a time.  <b>*Great Vitamin C!</b>	33932/33971 <b>2</b> <b>Grape Tomatoes</b> - 2 gm <u>Fun Fact:</u> Grape tomatoes come in a variety of colors, including gold, green, purple, and red-brown.  <b>*Great source of vitamin A!</b>	33917/33918 <b>3</b> <b>Sliced Green Apples</b> -10 gm <u>Fun Fact:</u> The most popular green apple is the Granny Smith.  <b>*Great source of fiber!</b>
No School <b>8</b>	No Service <b>7</b>	33944/33782 <b>8</b> <b>Mixed Fruit</b> -7gm  <b>It's a surprise!</b>  <b>Fruits are great sources of vitamins and minerals.</b>	33969/33976 <b>9</b> <b>Green Pepper Strips</b> -2gm <u>Fun Fact:</u> Peppers come in a rainbow of colors and variety of shapes and sizes.  <b>*Great source of B vitamins!</b>	33950/33957 <b>10</b> <b>Cantaloupe</b> -5 gm <u>Fun fact:</u> Cantaloupes commonly have orange flesh, but less common varieties can also have red or yellow flesh.  <b>*Great Vitamin A &amp; C!</b>
33934/34934 <b>13</b> <b>Cauliflower Florettes</b> <u>Fun Fact:</u> Cauliflower is a flower. It is harvested in the fall. <b>*Great source of vitamin C</b>	No School <b>14</b>	33931/33958 <b>15</b> <b>Cucumbers</b> - 10 gm <u>Fun Fact:</u> Cucumbers are almost completely made of water and are a refreshing snack. <b>*Great source of vitamin K!</b>	35000/34986 <b>15</b> <b>Grapefruit</b> <u>Fun Fact:</u> grapefruit is a cross between an orange and a pumelo. It has a sweet, but also tart flavor.  <b>*Great Vitamin C &amp; Potassium!</b>	34919/34922 <b>16</b> <b>Mixed Pepper Strips</b> -2gm <u>Fun Fact:</u> Peppers come in a rainbow of colors and variety of shapes and sizes.  <b>*Great source of B vitamins!</b>
33915/33916 <b>20</b> <b>Sliced Sweet Apples</b> -10 gm <u>Fun Fact:</u> Apples can be eaten raw or cooked. They are great to eat as a quick snack <b>*Great source of fiber!</b>	No Service <b>21</b>	33927/33928 <b>22</b> <b>Red Grapes</b> - 8 gm <u>Fun fact:</u> Grapes come in many other colors other than red. These include green, purple, black, blue, and even pink. <b>*Great source of potassium!</b>	33921/33922 <b>23</b> <b>Apple/Grape Combo</b> - 7/10gm <u>Fun fact:</u> Apples and grapes are some of the world's most popular fruits. They both come in a multitude of colors.	<b>*Special Order</b> <b>24</b> <b>Red Plum</b> -7.5 gm <u>Fun Fact:</u> While the outer skin is dark, plums can be yellow or red on the inside. They are very sweet! <b>*Great source of antioxidants!</b>
No School <b>27</b>	No Service <b>28</b>	No Service <b>29</b>	No Service <b>30</b>	