

Fresh Fruit or Vegetable Daily

Snack Menu

August 2013

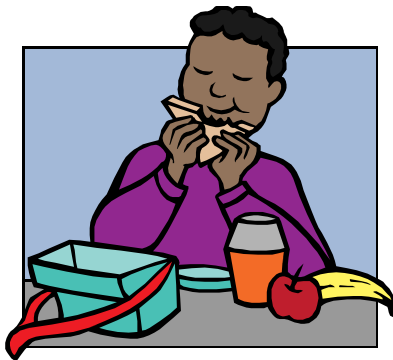
August 19 - Pluots

August 20 – Pineapple 

August 21 – White Grapes

August 22 - Kiwi 

August 23 – Peeled Baby Carrots



Fun Facts

- The strangely named **pluot** is a hybrid plant grown from a plum and an apricot. Pluots are extremely sweet, and are available in a wide range of varieties.
- Doctors say that **carrots** improve vision, especially at night because of our very high level of vitamin A (carotene).
- Wonderfully delicious and unique flavored **cantaloupe** or “muskmelon” is a member in the large Cucurbitaceae family. Some of the popular fruits and vegetables in the cucurbita family include squash, pumpkin, and cucumber.



August 26 - Peaches

August 27 - Cantaloupes

August 28 – Multicolor Carrots

August 29 - Plums

August 30 – Strawberries



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September 2013

September 3 - Peaches

September 4 - Peeled Baby Carrots



September 6 - Papaya



September 9 - Plums

September 11 - Multicolor Carrots

September 13 - Red Grapes

September 16 - Broccoli w/dressing

September 18 - Bananas



September 20 - Grapefruit Slices

September 23 - Cucumber Slices



September 25 - Rutabagas w/dressing

September 27 - Bananas

September 30 - Plums



Fun Facts

- Hawaii and Florida are the only states that grow papaya. One serving of papaya will provide you all the vitamin C that you need in one day.
- The rutabaga evolved as a cross between wild cabbage and the turnip. Rutabagas are rich in vitamin C, dietary fiber, potassium and antioxidant compounds.
- There are over 2000 varieties of plums! Plums were brought to America by the pilgrims in the 17th century. Dry a plum out and you have a prune.

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October 2013

October 2 - Cantaloupe & Honeydew 

October 4 - Peeled Baby Carrots

October 7 - Red Pears

October 9 - Sweet Potato Sticks 

October 11 - Bananas

October 14 - Fallglo Tangerines

October 16 - Green Asparagus w/dressing 

October 17 - Red Apples

October 21 - Cactus Pears

October 23 - Butternut Squash Sticks w/dressing 

October 25 - Bananas

October 28 - Fallglo Tangerines

October 30 - Pumpkin Chunks 

Fun Facts

The **Fallglo Tangerine** has a mild, sweet and juicy flavor. The fruit is easy to peel and eat because of its naturally fragmented sections. They are in season from October through December.

The flavor of a **cactus pear** is sweet, but somewhat bland, like a melon. Despite the name, the fruit is not actually a member of the pear family. It was simply named that because the prickly fruit resembles a pear in size and shape.

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November 2013

November 1- Baby Carrots 

November 4 – Florida Cucumbers w/dressing 

November 6 –Lee Citrus Oranges

November 8 – Bananas

November 13 – Sliced Apples

November 15 – Bananas 

November 18 – Florida Hamlin Oranges 

November 20 – Grape Tomatoes

November 22 – Cranberries 

November 25 –Sunburst Tangerines 

Fun Facts

Most of the U.S. cranberry crop is grown in only five states: Massachusetts, Wisconsin, New Jersey, Oregon, and Washington. A barrel of cranberries weighs 100 pounds. Give or take a few, there are about 450 cranberries in a pound and 4400 cranberries in one gallon of juice.

Cucumbers contain most of the vitamins you need every day, just one cucumber contains Folic acid, Vitamin C, Calcium, Iron, Potassium, and other key nutrients.

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December 2013

December 3 – Florida Red Grapefruit



December 4 – Baby Carrots



December 6 – Sliced Apples

December 9- Florida Sunburst Tangerines



December 11 – Buttercup Squash

December 13 – Sliced Pears



December 16 – Florida Hamlin Oranges



December 18 – Grape Tomatoes

December 20 – Bananas



Winter Break

December 21, 2013 to January 6, 2014

Have a great Holiday!



Fun Facts

There are over 3000 varieties of pears grown around the world. Pears will ripen faster if placed next to bananas in a fruit bowl. Pears are a member of the rose family.

Squash is free of fat, sodium, and cholesterol. It has been found to contain natural plant chemicals that may help to prevent cancer. The largest squash ever recorded grown was grown in Canada in 1998 and weighed 962 pounds.

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January 2014

January 8 – Banana



January 10 – Florida Kumquats



January 13 – Red Grapefruit

January 15 – Grape Tomatoes

January 17 – Anjou Pear



January 22 – Temple Oranges



January 23 – Sliced Red Green Peppers w/dressing



January 24 – Banana

January 27 – Apple & Grape Combo

January 29 – Red Beets w/dressing



January 31 – California Cara Cara Oranges

Fun Facts



Due to the rich source of Vitamin C, kumquats increase immunity. So it is beneficial to protect from cold, flu and common infections. Kumquats originated in China and are cultivated in China and Japan.

Beets have one of the highest sugar contents of any vegetable. Since the 16th century, beet juice has been used as a natural red dye, even used to dye hair!

Bell peppers are good sources of Vitamin A. Peppers are actually fruits because they are produced from a flowering plant and contain seeds - most people think of them as vegetables.

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February 2014

February 3 - Red Grapefruit Wedges



February 5 - Peeled Baby Carrots

February 7 - Florida Kumquats



February 10 - Honeydew

February 12 - Grape Tomatoes

February 14 - Banana



February 20 - Pineapple

February 21 - Cantaloupe



February 24 - Temple Oranges

February 26 - Snow Peas w/ dressing

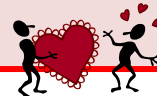
February 28 - Banana



Fun Facts

Snow Peas are an excellent source of Vitamin C, Iron, and Manganese. Most people don't know that snow peas are technically fruits. Pea plants blossom before producing peas.

Did you know one **pineapple** plant produces only one pineapple every 2 years? Pineapples are packed with Vitamin C and Bromelain, an enzyme which is excellent for digestion and has been found to help suppress coughs and loosen mucus. If you want to speed up the ripening of a pineapple, so that you can eat it faster, then you can do it by standing it upside down (on the leafy end)



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March 2014



March 3 – Florida Temple Oranges 

March 5 – Multicolor Carrots

March 7 – Banana 

March 10 – Florida Ortanique

March 12 – Grape Tomatoes

March 14 – Guava 

March 24 – No School

March 26 – Florida Broccoli w/ Dressing 

March 28 – Papaya 

March 31 – Grape Tomatoes

Fun Facts

Guava has five times the amount of Vitamin C as oranges, and are also rich in Vitamin B1 and Vitamin A. Guavas should not be refrigerated unless over ripe. The seeds of a guava can be eaten and the taste is often described as a cross between a pear and a strawberry.

The **papaya** is actually classified as a berry. Hawaii and Florida are the only states that grow papaya. Papaya seeds and leaves have been used for medicine in tropical cultures.



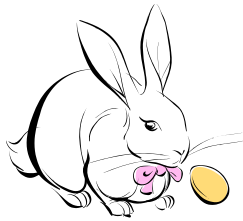
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April 2014



April 2 Strawberries



April 4 Banana

April 7 Apple Slices

April 9 Peeled Baby Carrots

April 11 Pineapple



FFVP only served once the week of April 14-18 due to FCAT

April 15 Banana

April 22 Edamame



April 23 Grape Tomatoes

April 25 Uglifruit



April 28 Apple Slices

April 30 Strawberries

Fun Facts

The **ugli fruit** is a Jamaican form of a tangelo. It is a citrus fruit created by hybridizing a grapefruit, an orange and a tangerine. The fruit is seasonal from December to April.

Edamame is a rich source of carbohydrates, proteins, dietary fiber, omega fatty acids and several vitamins and minerals. It is grown in China, Japan, Indonesia, and Hawaii.



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May & June 2014



May 2 – Apple Slices 

May 5 – Pineapple Sticks



May 7 – Florida Sliced Peppers w/ Dressing



May 9 - Bananas

May 12 – Florida Orange Wedges

May 14 – Florida Cucumbers w/ Dressing

May 16 – Zucchini or Squash

May 19 – Cantaloupe

May 21 – Grape Tomatoes

May 23 – Papaya 

May 28 – Peeled Baby Carrots

May 30 – Kiwi Wedge 

June 2 – Strawberries



June 4 – Bananas



Have a Fun and Safe Summer 

Fun Facts

Kiwifruit originates from China. Kiwifruit contains two times more vitamin C than oranges. It is also rich source of vitamin E and K. Compared to other fruits kiwi offers the greatest amount of vitamins and fibers per gram of fruit. Medium-sized kiwifruit contains only 46 calories.

The **papaya** fruit is very low in calories and contains no cholesterol; however, is a rich source of phyto-nutrients, minerals, and vitamins.

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