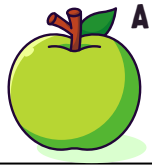
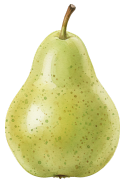
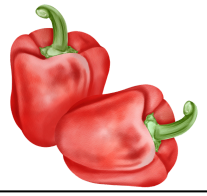
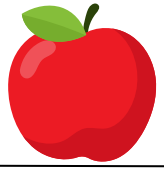
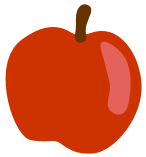
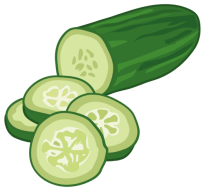
NOVEMBER 2026 - FFVP

Southeast Polk
FOOD AND NUTRITION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 GRANNY SMITH APPLE 	3 BABY CARROTS 	4 NO SNACK	5 YELLOW SQUASH 	6 BROCCOLI 
9 GOLDEN DELICIOUS APPLE 	10 PEAR 	11 NO SNACK	12 RED PEPPERS 	13 ZUCCHINI SQUASH 
16 GALA APPLE 	17 MCINTOSH APPLE 	18 NO SNACK	19 NO SNACK	20 CUCUMBERS 
23 APPLE SLICES 	24 BABY CARROTS 	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 HONEYCRISP APPLE 				

THE FRESH FRUIT & VEGGIE GRANT IS SEP'S FREE PRODUCE PROGRAM OFFERED TO STUDENTS AT ALTOONA & WILLOWBROOK ELEMENTARIES BASED ON FREE/REDUCED PERCENTAGES.

RED BELL PEPPERS ORIGINALLY START OUT GREEN AND ARE LEFT ON THE VINE TO RIPEN

RED BELL PEPPERS ARE A GOOD SOURCE OF VITAMIN A

RED BELL PEPPERS HAVE MORE THAN TWICE THE VITAMIN C OF A GREEN BELL PEPPER

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.