



FFVP J.O. WILSON MENU DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
	Yellow/Red Cherry Tomatoes	Clementine	Broccoli	PD Day No School
7	8	9	10	11
	Arugula	Persimmon	Red Peppers	
14	15	16	17	18
	Yellow/Orange Carrots	Grapes	French Beans	
21	22	23	24	25
Winter	Vacation!	No School!	Happy	Holidays!

FFVP Focus December:

Persimmon - "food of the gods."
 There are many varieties of persimmon known as either astringent or non-astringent. The latter is very sweet. The fruit is most often grown in warm, dry climates. Those found in larger grocery stores are most likely Japanese persimmons which is Japan's national fruit and where it originated. The fruit is high in Vitamin A, offering 55% of the daily value, and high in Vitamin C, with 21% daily value, plus excellent amounts of manganese for healthy skin and a protectant against lung and mouth cancers.



All Vegetables are to be served with 1 low fat dressing packet

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