



FFVP 2-DAY MENU DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
		Clementine		PD DAY NO SCHOOL
7	8	9	10	11
		Persimmon		Red Peppers
14	15	16	17	18
		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

USDA is an equal opportunity provider and employer