

# FFVP Menu

## March 2017

Monday

Tuesday

Wednesday

Thursday

Friday

### COCONUT FACTS

*The coconut comes from the coconut palm tree which grows throughout the tropics and subtropics. The white, fleshy part of the coconut seed is called coconut meat. It has high amounts of Manganese, Potassium, and Copper. The meat is used fresh or dried in cooking, especially in confections and desserts such as macaroons.*

1 FRESH EDAMAME

2 PINEAPPLE

3 CRISP APPLE



6 CRISP APPLE

7 BANANA

8 GREEN SNAP PEAS

9 FRUIT CUP

10 CRISP APPLE



13 CRISP APPLE

14 BANANA

15 SWEET POTATO STICKS

16 MANGO & COCONUT SLICE

17 CRISP APPLE



20 CRISP APPLE

21 TANGELO

22 BROCCOLI BUDS

23 PINEAPPLE

24 CRISP APPLE



27 SPRING BREAK

28 SPRING BREAK

29 SPRING BREAK

30 SPRING BREAK

31 SPRING BREAK

**Menu is subject to change**

**This institution is an equal opportunity provider.**