



Happy Halloween

**Celebrate National School Lunch Week
October 15 to 19**

Here's why lunch is so important!

- A meal in the middle of the day can give your body a variety of the vitamins and minerals that you need to keep you going throughout the rest of the day.
- A nutrition-packed lunch gives you lots of energy all day long, and will help you to stay focused in the classroom.
- Gives you the "go-power" to have fun during recess.

What are your favorite lunch time fruits and vegetables?



NUTRITIONAL ANALYSIS
 Cal: 528 Chol: 35 mg Sod: 861 mg Fib: 6.88 mg
 Iron: 3.49 mg Calcm: 432.68 mg Vit A: 716 iu
 Vit C: 12.41 mg Prot: 22.74 g Carb: 84.97 g
 Tot Fat: 16.59 g (26.48%) Sat Fat: 6.84 g (9.32%)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 French Toast w/Syrup	2 Blueberry Muffin	3 Cheese Omelet w/Bread	4 Super Bun	5 Cheese Omelet w/Bread
8 Pancakes w/Syrup	9 Breakfast Pizza	10 English Muffin w/Peanut Butter	11 Breakfast Pizza	12 Waffles w/Syrup
15 Waffles w/Syrup	16 Corn Muffin	17 Cheese Omelet w/Bread	18 Super Bun	19 French Toast w/Syrup
22 French Toast Sticks	23 Breakfast Pizza	24 English Muffin w/Peanut Butter	25 Breakfast Pizza	26 Oatmeal To Go
29 Pancakes w/Syrup	30 Blueberry Muffin	31 Oatmeal To Go	Served Daily Bagels w/Margarine & Jelly Cereal w/Graham Crackers Fresh Fruit, Juice & Milk Served with Breakfast	

Staying Active While Being Helpful

After school and on the weekends children can be a great help around the house. Assign them one or two chores that they will be responsible for, and remember to teach them the proper way to perform the task. This will not only help your child learn more about responsibility, but it's also a great way to make sure they stay active.

Some chores they can do:

- Carry laundry to the washing machine
- Pick up toys and clothes in their bedroom
- Make their bed each morning

Some chores they can help you do:

- Wash the car – it's fun and a great way to stay cool in the summer!
- Walk the dog or volunteer to walk the dog for an elderly neighbor
- Help with yard work or take out the trash

Source: www.nih.org

EAT AN APPLE A DAY