

# School of Hope October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1</b> Mini Corn Dog Broccoli Fruit Milk	<b>2</b> Walking Taco Salsa Sour Cream Fruit	<b>3</b> Pulled Pork Sandwich Tater Tots Fruit	<b>4</b> Cheeseburger Red Roasted Potatoes Fruit/Cookie	<b>5</b> Sub Bar Vegetable Toppings Fruit	<b>**Milk is Included In all lunches Students under age 13—\$2.45 Students 13 and older—\$2.70 Extra Milk - \$.35</b>
<b>8</b> <b>NO</b> SCHOOL COLUMBUS DAY	<b>9</b> Chicken Tenders Dinner Roll Corn / Fruit	<b>10</b> Pancake Wrap Hash Brown Celery Fruit/Ranch Dr.	<b>11</b> Breaded Chicken Patty Spicy Taters Cucumbers Fruit	<b>12</b> Pizza Breadstick Buttery Carrots Salad/Fruit	
<b>15</b> Spaghetti Breadstick Broccoli Fruit	<b>16</b> Nachos & Beef Cheese Sauce Tortilla Chips Sour Cream/ Salsa	<b>17</b> Crispy Wings Tater Babies Dinner Roll Cookie	<b>18</b> Chicken Tenders Dinner Roll Cookie	<b>19</b> Cheeseburger Lay's Chips Tomato/Onion Pickle/Fruit	
<b>22</b> Meatball Sub Buttery Peas Fruit	<b>23</b> Chicken Nuggets Breadsticks Cinnamon Carrots Fruit	<b>24</b> Hot Ham & Cheese Waffle Fries Cinnamon Apples	<b>25</b> Breaded Chicken Patty Tater Babies Fruit / Cookie	<b>26</b> <b>NO</b> <b>SCHOOL</b> PROFESSIONAL DAY	
<b>29</b> Pizza Calzone Buttered Broccoli Fruit	<b>30</b> PB&J Grand Slam Celery/Carrots String Cheese Fruit Slush	<b>31</b> Grilled Cheese Tomato Soup Fruit Cookie			
					<b>NO SCHOOL</b> Monday, Oct. 8 Columbus Day  Picture day !  October 24

# SUPER FOODS FOR THE FALL

The weather is getting cooler, but your produce choices are heating up. These amazing superfoods are either hitting their peak in the garden or can easily be found in your local farmers market or grocery store. They're the perfect excuse to get cooking on cool nights!

**Apples:** Sweet or tart, apples are satisfying eaten raw or baked into a delicious dish. Just be sure to eat the skin—it contains hearty -healthy flavonoids.

**Brussels Sprouts:** Made the correct way, these veggies taste divine. Health benefits include: 1/2 cup contains more than your DRI of vitamin K, Very good source of folate, Good source of iron

**Parsnips:** Though these veggies may resemble carrots, they have a lighter color and sweeter, almost nutty flavor. Use them to flavor rice and potatoes or puree them into soups and sauces.

**Pears:** The sweet and juicy taste makes this fruit a crowd-pleaser. Cooking can really bring out their fabulous flavor, so try them baked or poached.

**Cauliflower:** The sweet, slightly nutty flavor of cauliflower is perfect for winter side dishes. It's wonderful steamed, but it can also be blended to create a mashed potato-like texture or pureed into soup.

**Squash:** Unlike summer squash, winter squash has a fine texture and a slightly sweet flavor. Because of its thick skin, it can be stored for months. It tastes best with other fall flavorings, like cinnamon and ginger.

**Pumpkin:** A type of winter squash, pumpkin can be used for much more than jack-o'-lanterns. Its sweet taste and moist texture make it ideal for pies, cakes, and even pudding!



## **Sweet potatoes:**

These veggies are for much more than Thanksgiving casseroles. More nutritionally dense than their white-potato counterparts, try roasting them—they'll taste delicious, and you may maintain more vitamins than boiling.

**Kiwi:** Use this sweet fruit to add a tropical flavor to your recipes. It's great mixed with strawberries, cantaloupe, or oranges and can be combined with pineapple to make a tangy chutney.

**Grapefruit:** The signature tartness of grapefruit provides a contrast to other citrus fruit. Add it to mixed greens, combine it with avocado and shrimp, or enjoy a fresh glass of its antioxidant-rich juice.

**Tangerines:** The small and sweet citrus fruits are positively refreshing for fall recipes. Our favorite flavor combos include almonds, dates, and honey. Juice them with oil, vinegar, and

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## **HOMEMADE APPLESAUCE NO SUGAR ADDED**

### INGREDIENTS:

3 lbs [apples](#), 1 teaspoon [cinnamon](#)

1 pinch [nutmeg](#), 1 1/2 cups [water](#),

2 thin [lemon slices](#), 1/4 teaspoon [salt](#)

Peel and core apples (I prefer to leave the skin on a few of them because I like the taste and texture). Cut apples into

approximately 1 inch cubes.

Add all ingredients to pot, and turn heat on high. Bring to a boil, then cover and reduce heat to low. Simmer for 20 minutes or until the apples have softened significantly.

Stir frequently, making sure that the apples are not sticking to the bottom of the pot. Add more water if necessary. Remove lemon slices.