

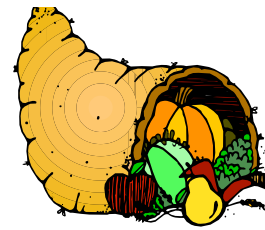
OCTOBER/NOVEMBER 2010 Lunch

OCTOBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 BOOTIFUL! Mini Cheese-boo-ger	26 Cheese Quesadilla	27 Trick or Treat Turkey Hot Dog	28 All Natural Chicken Nuggets	29 Spooktaacular Orange Chicken With Brown Rice
NOVEMBER				
1 ALL Natural Chicken Patty Sandwich	2 Mini Corn Dog	3 Smilin' Chicken Nuggets	4 Yummy Cheese Lasagna	5 Teriyaki Beef Dippers w/ Finger Potatoes
8 Cheesy Pizza Bagel	9 Lean Hamburger	10 "Crunchy" Chicken Strips	11 <i>no school</i>	12 <i>no school</i>
15 Bagel Dog	16 New York Cheese Pizza Strip	17 GOBBLE Turkey Burger	18 Honey BBQ Dippers w/ Finger Potatoes	19 Pilgrim Popcorn Chicken
<i>no school</i> 23	<i>no school</i> 24	<i>no school</i> 25	Thanksgiving 26	<i>no school</i> 27
<u>CRUNCH & MUNCH SIDES</u> Students may select one or more side item with entrée: <ul style="list-style-type: none"> • Variety of fresh and canned fruits • Vegetables • Snack items 		<u>CHOICE OF Moo-ARVELOUS MILK</u> <ul style="list-style-type: none"> • 1% Plain • Fat Free Chocolate Milk 		

All Menus Subject to Change

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Healthy Halloween Thanksgiving



Happy

Trick, Treat or Toy?

Researchers from Yale University's Center for Eating and Weight Disorders investigated whether children would choose toys over candy when offered both on Halloween. They observed 284 kids between the ages of 3 and 14. Guess what? Children were just as likely to choose toys as candy, regardless of gender. (J Nutr Educ Behav. 2003 July-Aug; 35 (4):207-9)

Non-Candy Treat Ideas:

- **Party Favors** – Look in the party aisle of your favorite discount store for bulk packs of inexpensive toys.
- **Stickers**
- **Pencils**, crayons, markers
- **Stamps**
- **Notepads**
- **Erasers**
- **Balloons**
- **Balls**
- **Small Games**
- **Services for Parties** – Face painting or balloon-shape making
- **Healthy Muffins**
- **Fun Fruits** – Use gummy worms to decorate fruit



Candy Tips:

- **Choose non-fat candies** such as Smarties, Tootsie Rolls and small pops. Purchase only what you will use.

Halloween Joke: Q: Why did the skeleton go to the barbecue?
A: He needed some spare ribs!

Fun Turkey Facts

- Male turkeys are called Toms. Female turkeys are called Hens. A baby turkey is called a Poult.
- 95% of Americans eat turkey on Thanksgiving. They eat 535 pounds of it!
- Only Tom turkeys gobble. Female turkeys make a clicking sound.

Easy Pumpkin Pudding

- 1 cup canned pumpkin
- 1 package (4-serving size) sugar-free instant vanilla pudding mix
- 1 teaspoon pumpkin pie spice
- 1-1/4 cups skim milk



Directions: Mix all ingredients together. Place in individual bowls or glasses and chill until set. Serve cold with nonfat whipped cream on top (optional).

Makes 4 servings. Each 2/3 cup serving: 77 calories, 0 g fat, 0 g saturated fat, 2 mg cholesterol, 380 mg sodium, 15 g carbohydrate, 2 g fiber, 4 g protein.

Help the Mouse Find His Pilgrim Hat

