



Lucky Lunch

There are so many reasons to celebrate during the month of October! First, it is Lucky Lunch Month, where we will have cafeteria surprises and chances for you to win a great prize!



It is also National Noodle Day on October 6th.

Can you believe that noodles have been around for over 4,000 years? Noodles are popular all over the world and range in shape from flat, to round, to twisted, to sheets, to tubes, and many more. They can be made from rice, buckwheat, wheat, with or without eggs and even now from zucchini. So, get ready to celebrate National Noodle Day on Oct. 6 by doing the best thing possible with noodles... eating them!

We can't wait for you to join us.

YOU COULD BE A WINNER!

Celebrate National Noodle day on

Friday, October 5th with Baked Mac & Cheese.

Friday, October 26th with Beefy Mac & Cheese.



NATIONAL NOODLE DAY - HISTORY

1958

Instant Noodles

Instant ramen was invented in Japan, where it initially was considered a luxury food and was priced at 6x fresh noodles!

1789

American Noodles

Thomas Jefferson returns to the US after several years in France and brings back two cases of pasta.

1200's

European Noodles

Noodles become popular in Europe, especially Italy. Some now credit Marco Polo with bringing them back from China, though he was not the first. Arab traders may have brought them first.

2000 BC

Chinese Noodles

Noodles were invented in China



NATIONAL NOODLE DAY ACTIVITIES

1. Try making your own noodles

Making noodles is not nearly as hard as it seems. Water, flour, salt, and an egg is all you need... mix the dough, roll it out flat then into a 'jellyroll' shape, and cut into strips. Now get to it!

2. Go out for noodles

As a much simpler alternative to making your own noodles or pasta, go try out that new restaurant that serves noodles. Search for Noodles on Yelp and see where your noodle

adventure takes you, whether it is to Italian, Korean, Chinese, American or Japanese, the choices are endless.

3. Take a noodle-making class

Search out your local cooking school and sign up for pasta making class. You'll learn so much about making noodles and pasta that you'll have spaghetti coming out of your ears.

WHY WE LOVE NATIONAL NOODLE DAY

A. Every culture has its own noodle tradition

Every area of the world has its own traditions and history surrounding noodles. In Italy, in China, in Vietnam, everyone has different techniques and ingredients to make their traditional noodles right.

B. Noodles can be healthy

If you're health conscious or on a low-carb or no gluten diet, there are still a ton of noodles out there for you! People love noodles so much that they are now made of such things as, black beans, Mung beans, Quinoa, Shikitaki, Kelp, and even zucchini. So, don't limit yourself! You can still join in the fun of National Noodle Day.

C. Noodles are fun

Eating noodles is super fun, whether you eat them with a spoon and a fork, chopsticks or by slurping them up like in "Lady and the Tramp" a noodle date can be a blast with friends or your significant other. Invite your friends out for a noodle night at any place you can get noodles