

Harvest of the Month



Network for a Healthy California



Botanical name: *Cucurbita pepo*

PUMPKINS

Circle all days on the menu when orange fruits or vegetables were served.

- What are your favorite menu items this month?
- What is your favorite orange fruit or vegetable?
- Why do you like to eat it?

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Eggrolls and Fried Rice <i>World Vegetarian Day</i>	2 Chili with Baked Potatoes	3 Hot Dogs	4 Chicken or Beef Tacos <i>National Taco Day</i>	5 Awesome Sauce Homemade Pizza with Whole Grain Crust
8 Homemade Mac N Cheese	9 Enchiladas	10 Hamburgers	11 Chicken and Vegetable Chow Mein	12 Awesome Sauce Homemade Pizza with Whole Grain Crust
15 Black Bean and Quinoa Quesadillas	16 Chef's Choice Day	17 Spaghetti <i>National Pasta Day</i>	18 Pork Parmesan Melt Sandwiches	19 Awesome Sauce Homemade Pizza with Whole Grain Crust
22 Andrews Famous Black Bean Burgers	23 Taco Soup	24 Chicken Tenders	25 Lasagna	26 Pizza Pasta Pumpkin Muffins <i>National Pumpkin Day</i>
29 Broccoli and Cheese Rice Casserole <i>National Oatmeal Day</i>	30 Burritos	31 Sloppy Joes		<i>Have a Safe and Happy Halloween</i>



Lowfat milk, fresh fruit and vegetables are available with every meal. For information about food allergies and other dietary restrictions please call (530) 283-6500 ext. 5235

Weekly Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza Bagel	Oatmeal with Raisins and Fruit	Breakfast Burritos or Tacos	Baked French Toast and Breakfast Sausage	Breakfast Sandwiches

***Cereal and Fresh Fruit Parfaits or Smoothies offered as additional choice



We proudly serve products from the following local vendors when seasonally available:

Thompson Valley Ranch

Follow Your Heart Farm

Sage Ham & Eggs



EAT PUMPKINS

Nutrition Facts

Serving Size: ½ cup pumpkin, cooked, (85g)
 Calories 24 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 122%	Calcium 2%
Vitamin C 10%	Iron 4%



Name That Squash

Pumpkins are a type of winter squash. Winter squash have thick, hard skins that you can't eat. (Summer squash have thin skins that you can eat.) List four kinds of winter squash and draw a star next to your favorite.

1. _____
2. _____
3. _____
4. _____

Reasons to Eat Pumpkins

Eating a ½ cup of cooked pumpkin will give you lots of vitamin A. Vitamin A is good for you because it helps keep your eyesight healthy, help your body fight infections, and helps keep your skin healthy.

You can eat pumpkins in many ways including cooked, mashed, steamed, in soups or even breads. Canned pumpkin has many of the same nutrients as fresh pumpkins.

Vitamin A Champions*:

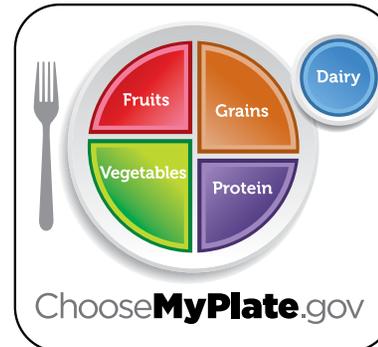
Canned pumpkin, carrots, cooked greens, cooked spinach, fresh pumpkin, sweet potatoes, and winter squash.

*Vitamin A Champions are an excellent source of vitamin A (provide at least 20% Daily Value).

How Much Do I Need?

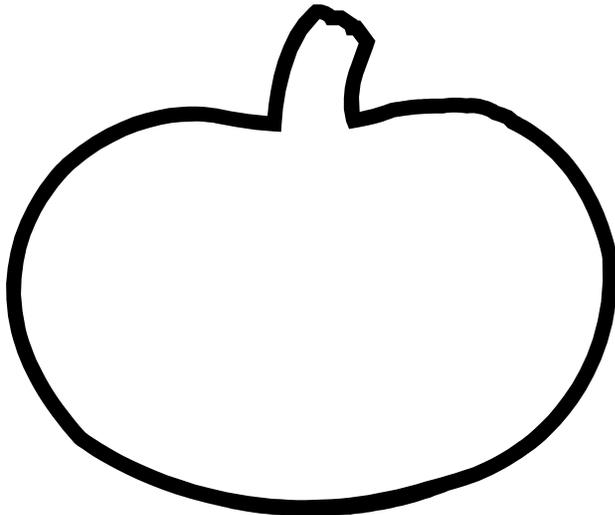
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Make half your plate fruits and vegetables to reach your total daily needs!



JACK-O-LANTERN ART

Use the pumpkin below to draw the face of your pumpkin – make it happy, silly, scary or whatever you like! Then share your art with an adult who can help you carve it into a real pumpkin.



Answers will vary: pumpkins, acorn, banana, butternut, calabaza, delicata, Hubbard, kabocha, spaghetti, and turban squash varieties.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.
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