



# October Apples

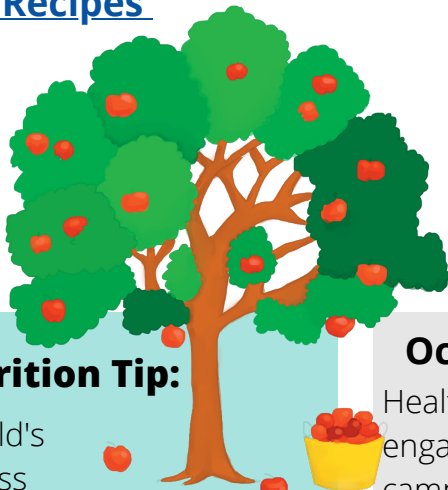
This month, we are learning all about apples. Consider visiting a local apple orchard. Local apple varieties include: Honeycrisp, Red Delicious, Gala, McIntosh, Regents and Zestar.

## Apples are Healthy and Good for You!

- Provide vitamin C, potassium and fiber
- Eat the skin for more nutrition. It has about half the apple's fiber and other important nutrients.

[Watch apples go from orchard to school!](#)

For more information check out:  
[Apples: Tips & Recipes](#)



## Monthly Nutrition Tip:

Increase your child's sensory awareness through food! Do a simple apple exploration using your child's 5 senses:

1. **See** - what color, shape and size?
2. **Touch** - what does it feel like?
3. **Hear** - does it make a crunching sound when you bite into eat?
4. **Smell** - does it smell sweet?
5. **Taste** - is it sour like a lemon?

### Descriptive Words To Use

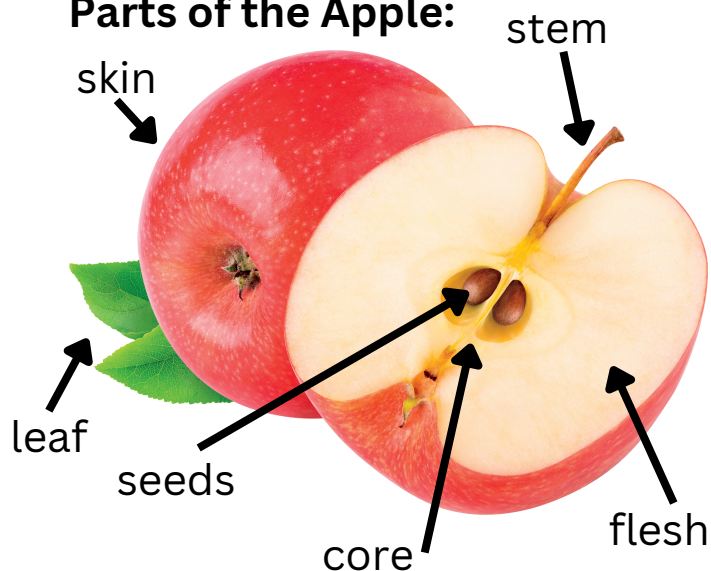
Sweet	Sticky	Bland
Sour	Yummy	Juicy
Tart	Sugary	Crunchy
Crispy	Flavorful	Firm



## Stay Healthy Everyday

- 5** servings fruits and vegetables
- 2** hours or less of screen time
- 1** hour or more of exercise or play
- 0** sugary drinks

## Parts of the Apple:



## October is Iowa's Healthiest State Month!

Healthiest State Month is a fun, informative way to engage Iowans in the 5-2-1-0 Healthy Choices Count! campaign. This proven, scientific methods helps keep kids healthy by focusing on good habits.



Join our centers at 10 am on October 5, 2022 (or just go outside and walk) for the **12th Annual Healthiest State Walk.**

**Walk more.**  
**Connect more.**



# October Menu



"This institution is an Equal Opportunity Provider"

Milk served daily at breakfast and lunch.  
Whole milk for 12-24 months, low fat milk for 2+.  
Water available all day. Menus developed following USDA CACFP.

WG = Whole Grain CN = Child Nutrition Label

Monday	Tuesday	Wednesday	Thursday	Friday
Strawberry WG Pancake 3 CN WG Pizza Tossed Salad Fruit Cocktail String Cheese Cucumber Slices	Tropical Fruit Yogurt 4 WG Tamale Sweet Potato Stew Mango WG Breadstick Marinara	Peaches WG Cheerios 5 WG Roll-Ups (t. ham + cheese) Zucchini Slices Apple Orange Milk	Banana WG Oatmeal 6 Hawaiian Ham + Coconut Rice Cucumber Slices Cottage Cheese Pears	Berries WG Waffle 7 WG Mac & Cheese Broccoli Fruit Salad Banana Milk
Orange WG Cheerios 10 WG Beef Taco Pie Corn Fruit Cocktail Peaches Cottage Cheese	Strawberries WG Waffles 11 Mandarin Orange Chicken WG Egg Rolls Pineapple Apple Milk	Tropical Fruit Yogurt 12 WG Personal Pepperoni Pizza Cucumber Slices Sour Raisels WG Rice Chex	Pears Oatmeal 13 BBQ Chicken Collard Greens <b>Apple</b> WG Cornbread Banana Milk	<b>No School</b> 14  We are joining Midwest states in celebrating National Farm to School Month by crunching into locally grown apples!
Apple Pork Sausage CN 17 WG Nacho Bites Salsa Fruit Cocktail Orange Milk	Blueberries Yogurt 18 Chicken Ratatouille Pears WG Breadstick WG Crackers Snap Peas	Orange WG Kix 19 WG Ham Sandwich Zucchini Slices Tropical Fruit Hummus WG Pita	WG Muffin Cantaloupe 20 Salisbury Steak Mash Potatoes Green Beans WG Bread Banana Milk	Banana WG Rice Krispies 21 Turkey and Beef WG Macaroni Tossed Salad Pineapple String Cheese Cucumber Slices
Mangoes Yogurt 24 WG Pollock Dipper Cheesy Broccoli Pears Apple Milk	Peaches WG Oatmeal 25 Italian Chicken Stewed Tomatoes WG Buttery Noodles WG Crackers Milk	Apple WG Cheerios 26 Turkey Coins Fresh Veg, Kiwi String Cheese WG Crackers Orange Milk	Banana WG Pancake 27 Pork Loin Sweet & Sour Cabbage Homemade Applesauce WG Roll Cottage Cheese Pears	Banana Yogurt 28 WG Taco Refried Beans Tropical Fruit WG Breadstick Marinara
Orange WG Toast 31 Crispy Chicken Lettuce Salad Pineapple WG Crackers Cottage Cheese Peaches		<b>German American Heritage Month</b> is observed in October! Traditional German applesauce - otherwise known as <b>Apfelkompott or Apfelmus</b> is a simple sauce made using apples, water, cinnamon and sugar (and sometimes more). <b>We will be making a our own applesauce in the classrooms on October 27!</b>		
				 Scan for <u>Homemade Applesauce Recipe</u>



# October 2022

## Family Meal Tracker for In-Kind Credit



### Rules for Credit:

Circle meals eaten together

**B** = Breakfast **L** = Lunch **D** = Dinner

Eat Together

Sit Around Table Together

No TV - Focus On Meal Conversations



### Sometimes new foods take time.

Kids don't always take to new foods right away. Offer new fruits and vegetables many times, served a variety of ways. Give your kids just a taste at first and be patient with them.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Meals:
						B L D <sup>1</sup>	_____
B L D <sup>2</sup>	B L D <sup>3</sup>	B L D <sup>4</sup>	B L D <sup>5</sup>	B L D <sup>6</sup>	B L D <sup>7</sup>	B L D <sup>8</sup>	_____
B L D <sup>9</sup>	B L D <sup>10</sup>	B L D <sup>11</sup>	B L D <sup>12</sup>	B L D <sup>13</sup>	B L D <sup>14</sup>	B L D <sup>15</sup>	_____
B L D <sup>16</sup>	B L D <sup>17</sup>	B L D <sup>18</sup>	B L D <sup>19</sup>	B L D <sup>20</sup>	B L D <sup>21</sup>	B L D <sup>22</sup>	_____
B L D <sup>23</sup>	B L D <sup>24</sup>	B L D <sup>25</sup>	B L D <sup>26</sup>	B L D <sup>27</sup>	B L D <sup>28</sup>	B L D <sup>29</sup>	_____
B L D <sup>30</sup>	B L D <sup>31</sup>						_____

Child Name: \_\_\_\_\_

Address: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Monthly

Meals: \_\_\_\_\_