

## 5 Ideas for Growing Healthy

- 5 Eat at least **5** fruits and vegetables a day.
- 2 Keep screen time down to **2** hours or less per day.
- 1 Get **1** hour or more of physical activity every day.
- 0 Drink **0** sugar-sweetened drinks.

**In October we will learn about cabbage. Cabbage is a vegetable. It likes cooler fall weather. Cabbage grows well in Iowa.**



**Cabbages grown in a bunch together = a Cabbage Patch**

- Cabbage can be eaten in lots of different ways. It can be eaten raw (in coleslaw or salads) or cooked (boiled, sauteed, grilled, baked). It can also be turned into sauerkraut.
- Cabbage is healthy and good for you. It is a good source of beta-carotene, vitamin C and fiber.



### Make Zesty Citrus Coleslaw with your Child

To learn about young children's cooking skills by age visit:  
<https://extension.unr.edu/publication.aspx?PubID=2468>

#### What you need:

##### Ingredients:

- 16 ounce bag of coleslaw mix
- 15 oz can Mandarin Oranges
- 2/3 cup light Italian dressing
- 2 tablespoons soy sauce

##### Supplies:

- strainer (optional)
- can opener
- large bowl
- spoons
- measuring cups

#### Directions:

1. You and your child will each wash your hands.
2. Open the bag of coleslaw mix and let your child dump into a large bowl.
3. Open the can of mandarin oranges. Let your child dump the mandarin oranges into the strainer.
4. Help your child transfer the mandarin oranges from the strainer into the large bowl with the coleslaw mix. Have them gently stir to combine.
5. Help your child measure the Italian dressing and soy sauce and add to the coleslaw mix.

Name of your child: \_\_\_\_\_

Date activity completed: \_\_\_\_\_

Parent/Guardian Printed Name: \_\_\_\_\_

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

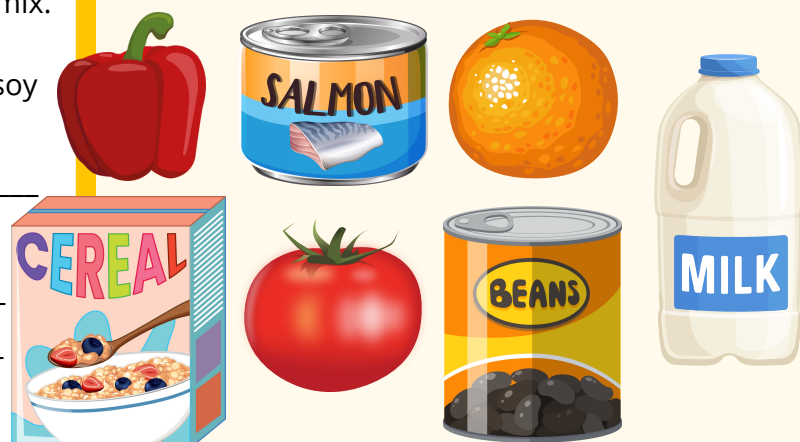
Turn completed form in for 15 minute in-kind credit.

### Preventing Lead Poisoning

Lead is a poison. Lead can cause problems such as slow learning, hearing loss, behavior problems or slow growth.

The best way to prevent lead poisoning is by removing lead hazards from the environment before a child is lead exposed.

Good nutrition can also help prevent lead poisoning. **Don't skip meals—an empty stomach increases the risk of absorbing lead. Foods high in calcium, iron and vitamin C can also help lower your child's lead poisoning risk.**





# October 2023

## Family Meal Tracker for In-Kind Credit



Exposure to lead can seriously harm a child's health. If your child has an empty stomach they are more likely to absorb lead. **Don't skip meals, feed your child regular healthy meals and snacks!**

### 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

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

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

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

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

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

Total Monthly Meals:

# LCC & Lily October Menu 2023

Menus developed following USDA CACFP. Milk served daily at breakfast and lunch. Whole milk for 12-24 months, low fat milk for 2+. WG = Whole Grain CN = Child Nutrition Label

"This institution is an Equal Opportunity Provider"



We support local farmers!  
Locally sourced food is indicated in **red**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Yogurt Pears **2**  
  
Sloppy Joe on WG Bun  
Creamy Coleslaw  
**Local Melon**  
  
Tropical Fruit  
WG Grahams

Peaches WG Rice Chex **3**  
  
WG Mac & Cheese  
Normandy Veg  
Cherries  
  
**Cherry Tomatoes**  
Cottage Cheese

Strawberries WG Waffle **4**  
  
Turkey and Swiss on WG Bun  
Cucumbers  
Applesauce  
  
Banana Milk

Banana WG Toast **5**  
  
Beef Nacho Dip with WG Tortillas  
Corn  
Refried Beans  
  
**Yogurt**  
Peaches

Grapes Turkey Sausage **6** CN  
  
BBQ Pork on WG Bun  
Baked Beans  
Gingered Carrots  
  
**Apple**  
String Cheese

Blueberries WG Pancake **9**  
  
Chicken Ratatouille  
Crushed Pineapple  
WG Breadstick  
  
Grapes  
**Yogurt**

Peaches Oatmeal **10**  
  
Chicken Drummy WG, CN  
Green Beans  
Pears  
  
**Watermelon**  
Milk

Mandarin Orange WG Cheerios **11**  
  
Turkey Coins CN,  
String Cheese,  
**Cucumber, Apple**  
WG Ritz  
  
Banana Milk 

Banana WG English Muffin **12**  
  
Taco Salad with WG Chips  
Fruit Cocktail  
  
Mango Milk

**No School** **13**

**Cantaloupe** WG Muffin **16**  
  
Tuna Salad on WG Tortilla  
Peas  
Applesauce  
  
Carrots  
String Cheese

Apricots **Yogurt** **17**  
  
Build Your Own WG, CN  
Pepperoni Pizza  
Cucumbers  
  
**Apple**  
Milk

Strawberries Blueberry Bagel WG **18**  
  
Meatloaf  
Corn  
Tropical Fruit  
WG Bread  
  
Kiwi Milk

Pears Oatmeal **19**  
  
Spaghetti Meat Sauce with WG Noodles  
Cauliflower   
  
Banana Milk

Banana WG Cheerios **20**  
  
WG Chix Sammy  
**Greek Yogurt**  
**Coleslaw**  
Watermelon  
  
Salsa  
WG Chips

WG Toast Mandarin Orange **23**  
  
Greek Meatball, CN  
Gyro on WG Pita  
Peaches  
  
Grapes  
**Yogurt**

Fruit Cocktail WG Rice Chex **24**  
  
Chicken Caesar Salad  
Applesauce  
WG Breadstick  
  
Pear Milk

**Cantaloupe** Blueberry Muffin WG **25**  
  
Southern Style Pollock, CN  
WG Pasta & Broc  
Pineapple  
  
Banana Milk

Banana **Yogurt** **26**  
  
Chicken Alfredo with WG Noodles  
Tossed Salad  
Blueberries   
  
**Apple**  
WG Grahams

Clementine WG Kix **27**  
  
Beef Gravy over Spaetzle  
Red Cabbage  
Pears  
  
Pepper Slices  
Cottage Cheese

**Apple** WG Cheerios **30**  
  
WG Popcorn  
Chicken with Orange Spinach  
Salad & **Cucumber**  
  
Kiwi  
WG Goldfish

Mandarin O's WG English Muffin **31**  
  
WG **Frankenstein**  
**Avocado Toast**  
Scrambled Eggs  
Strawberries  
  
Peaches  
Milk



**We are learning about cabbage this month. We will be making our own Greek Yogurt Coleslaw for lunch October 20.**



**Spaetzle is a type of Central European egg noodle. It is typically served as a side for meat dishes with sauce. We will have it for lunch October 27.**



# Hawkeye October Menu 2023

Menus developed following USDA CACFP. Milk served daily at breakfast and lunch. Whole milk for 12-24 months, low fat milk for 2+. WG = Whole Grain CN = Child Nutrition Label

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## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2

Sloppy Joe on  
WG Bun  
Creamy Coleslaw  
**Local Melon**

3

WG Mac & Cheese  
Normandy Veg  
Cherries

4

Turkey and Swiss  
on WG Bun  
Cucumbers  
Applesauce

5

Beef Nacho Dip  
with WG Tortillas  
Corn  
Refried Beans

6

BBQ Pork on  
WG Bun  
Baked Beans  
Gingered Carrots

9

Chicken Ratatouille  
Crushed Pineapple  
WG Breadstick

10

Chicken Drummy <sup>WG</sup>  
Green Beans <sup>CN</sup>  
Pears



11

Turkey Coins CN,  
String Cheese,  
**Cucumber, Apple**  
WG Ritz

12

Taco Salad  
with WG Chips  
Fruit Cocktail

13

**No School**

16

Tuna Salad on  
WG Tortilla  
Peas  
Applesauce

17

Build Your Own <sup>WG</sup>  
Pepperoni Pizza <sup>CN</sup>  
Cucumbers

18

Meatloaf  
Corn  
Tropical Fruit  
WG Bread

19

Spaghetti Meat  
Sauce with  
WG Noodles  
Cauliflower



20

WG Chix Sammy  
**Greek Yogurt**  
**Coleslaw**  
Watermelon

23

Greek Meatball, CN  
Gyro on WG Pita  
Peaches

24

Chicken Caesar  
Salad  
Applesauce  
WG Breadstick

25

Southern Style  
Pollock, CN  
WG Pasta & Broc  
Pineapple

26

Chicken Alfredo  
with WG Noodles  
Tossed Salad  
Blueberries



27

Beef Gravy over  
Spaetzle  
Green Beans  
Pears

30

WG Popcorn  
Chicken with  
Orange Spinach  
Salad & **Cucumber**

31

WG **Frankenstein**  
**Avocado Toast**  
Scrambled Eggs  
Strawberries



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