



October Newsletter

Stay up-to-date with WAPS Food & Nutrition Events

Now Playing: School Lunch

Thanks to the School Lunch Program, nearly 30 million children are served healthy lunches at school everyday.

Celebrate National School Lunch Week October 12th-16th and punch your ticket to good nutrition at WAPS!



Free Meals

All WAPS students receive free breakfast and lunch meals as a result of USDA extending Free Meals for Kids until the end of 2020.

No applications necessary.

Farm to School Month

October is a time to celebrate local foods! Here are a few ways you and your family can celebrate this month:

- Go on a virtual farm fieldtrip! Register using the link: [Farm Fieldtrip](#)
- Use #farmtoschool and #F2SMonth on social media
- Sign the local food is essential pledge using the link: [Local Food Pledge](#)



Great Lakes Great Apple Crunch

This event takes place on October 8th @ NOON and all month long! Share your crunch and use #greatapplecrunch.

We support local businesses! Longhorn Valley Greenhouse in La Crescent. They will be dropping off Honey Crisp Apples for us to serve our students in October.

Seasonal Recipes

Click the hyperlink to access recipes to get you & your family in the Fall mood!

[Coulee Region Farm2School Chili](#)
[2-Minute Apple Cinnamon Dessert](#)
[Roasted Beet Hummus](#)

