

Nutrition Services Newsletter

October Highlights

National Farm to School Month



October is National Farm to School Month. Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education sites. Students gain access to healthy, local foods as well as education opportunities. Nutrition Services have been implementing farm to school through procurement of local foods and engaging students through nutrition and ag education during this month. Make sure to enjoy a school lunch to help support the farm to school celebration!

Looking For the Menu?

Scan the QR code to see the monthly menu at your children's school site.

nutrislice



Events and Holidays:

October 12th:
No School - Buy Back Day

October 12th - 16th:
National School Lunch Week

October 31st:
Happy Halloween



FOLLOW US



SCAN ME

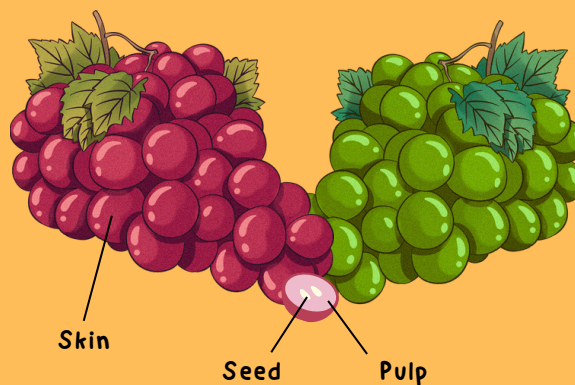
Harvest of the month: Grapes

Fun Facts:

In California, table grapes are harvested from late June through January.

California produces about 99% of the table grapes grown in the US.

California produces 2 billion pounds of table grapes each year.



Fun Facts:

Grapes are grouped into three colors: green, black and red.

Grapes are a good source of Vitamin C and Vitamin K to help your body stay healthy.

Grapes has fiber that keeps you full longer

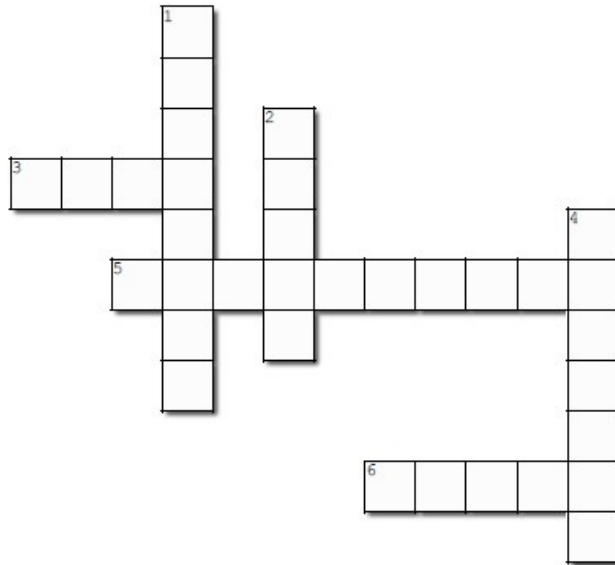


Grapes



Across

3. Grapes grow on a . . .
5. 99% of grapes come from which state?
6. This grape color is the most popular choice?



Down

1. A field where grapes are grown.
2. Grapes belong in this food group.
4. When grapes are dried they become. . .

Word Bank

Vineyard

Green

Raisins

California

Vine

Fruit



Why are grapes never lonely?

Because they grow in bunches!

Grape Shake

Ingredients:

- 2 cups Grapes Green or red seedless
- 2 Bananas peeled and sliced
- 2 Oranges peeled and quartered
- 16 Ice Cubes crushed



Directions:

Place grapes, bananas, oranges, and ice in a blender container. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving (1 cup): Calories 133, Carbohydrate 34g, Dietary Fiber 4g, Protein 2g, Total Fat 1g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 16mg, Sodium 2mg

Recipe adapted from eatfresh.org