



## Celebrate National School Lunch Week!

Did you know the National School Lunch Act has been serving students for more than 75 years? During the week of October 10th-14th, we celebrate all the ways our Nutrition Department makes school meals special! Our team works together to create delicious, nutritious menus designed to fuel bodies each day. **During National School Lunch Week, join us as we celebrate our staff by nominating a School Meal Hero here: <https://rethinkschoolmeals.com/nominate>**

Read more about National School Lunch Week:

<https://nationaldaycalendar.com/national-school-lunch-week-second-full-week-in-october/>

## Fall Family Fun

Cooler temperatures, falling leaves, colorful harvest – we associate a lot of things with Fall, including FUN! This month, we want to challenge your family to fill the calendar with indoor and outdoor activities to celebrate the season together.

The psychological benefits of family togetherness are many, but did you know that children who spend quality time with their parents are also more likely to be physically healthy?

### Ready for a happier, healthier October?

This blog has **31 days of activities** lined up to make the most of your month: <https://handsonaswegrow.com/october-fall-fun-kids/>



We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

[rethinkschoolmeals.com](https://rethinkschoolmeals.com)

## Experiment with Seasonal Snacking

Why eat seasonally? Because seasonal produce may be fresher and affordable. Harvest season means there are plenty of nutrient-dense fruits and vegetables available at your local grocer or farmer's market! One fruit you're sure to find this time of year is apples! This month, we're putting a fresh take on "nachos" using apples for a sweeter treat!



### RECIPE:

#### Apple Nachos

#### INGREDIENTS :

Apples, cored and thinly sliced  
Nut butter  
Sauces – chocolate, caramel, etc.  
Toppings – dark chocolate chips, low fat granola, etc.

#### DIRECTIONS :

Arrange thinly sliced apples on individual plates or a serving tray.  
Melt nut butter, cool slightly, drizzle.  
Add sauces and toppings to taste.  
Enjoy!



### RECIPE:

#### Tangerine Pumpkins

#### INGREDIENTS :

Tangerines, mandarin oranges or clementines  
Celery stalks and leaves



#### DIRECTIONS :

Peel tangerines, use an orange peeler or a small paring knife to scrape off as much white pith membranes as possible.  
Wash, dry and slice celery  
Cut 1-2 inch narrow pieces from the tops of the celery and insert into the peeled tangerines.  
Cut leaves from the celery tops and arrange to look like pumpkin leaves.



For even more seasonal snack options, check out this blog:

<https://www.fantasticfunandlearning.com/20-healthy-fall-snacks-for-kids.html>

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