What is your favorite variety of Apple? Granny Smith, Red Delicious, Honey Crisp or Fuji?

How many apples do you plan to eat this month?

### October 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Nachos</td>
<td>Hamburgers or Cheeseburgers</td>
<td>Beef or Chicken Tacos National Taco Day</td>
<td>Corn Dogs and Tater Tots</td>
</tr>
<tr>
<td>7</td>
<td>Bean and Cheese Quesadillas</td>
<td>Taco Soup</td>
<td>Chicken Tenders served with Oven Fries</td>
<td>Pulled Pork Sandwiches</td>
</tr>
<tr>
<td>14</td>
<td>Vegetarian Chili served with Biscuits</td>
<td>Beef, Bean and Cheese Burritos</td>
<td>Grilled Chicken Filet Sandwiches</td>
<td>Spaghetti served with Green Salad and Breadsticks National Pasta Day</td>
</tr>
<tr>
<td>21</td>
<td>Mac N' Cheese</td>
<td>Enchiladas served with chips and salsa</td>
<td>All Beef Hot Tacos served with Tater Tots</td>
<td>Chicken Chow Mein served with Vegetable Eggrolls</td>
</tr>
<tr>
<td>28</td>
<td>Minestrone Soup served with Breadsticks</td>
<td>Beef or Chicken Tacos</td>
<td>Lasagna</td>
<td>Have a Safe and Happy Halloween Chicken with Mashed Potatoes</td>
</tr>
</tbody>
</table>

**Weekly Breakfast Menu**

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>THURSDAY</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Breakfast Pizza Bagel</td>
<td>Fruit Parfaits or Yogurt &amp; Granola</td>
<td>Eggs &amp; Bacon or Sausage Scramble</td>
<td>Variety of Muffins and Cinnamon Rolls</td>
<td>Breakfast Sandwiches</td>
</tr>
</tbody>
</table>

*Lowfat milk, fresh fruit and vegetables are available with every meal. For information about food allergies and other dietary restrictions please call (530) 283-6545 ext. 5505*

We proudly serve products from the following local vendors when seasonally available:

Bradley and Son Grass Fed Beef
Follow Your Heart Farm
Morning Glory Organics
Sage Ham & Eggs

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**DIY Salad Bar**

***Cereal and Fresh Fruit Parfaits or Smoothies offered as additional choice***
APPLE ACTIVITIES

Test Your Apple IQ
(answers are at the bottom of this page)
1. A ½ cup of sliced apples has ___________ gram(s) of fiber.
   (Hint: Look at the Nutrition Facts label on the right.)
   A) zero  B) one  C) four  D) eight
2. Most of the fiber in an apple is found in the _____________.
   A) flesh  B) skin  C) core  D) stem
3. Which apple variety is grown in California? _____________.
   A) Fuji  B) Gala  C) Red Delicious  D) all three

Reasons to Eat Apples
Apples are a source of fiber. Fiber helps you feel full, helps move food through your body, and helps keeps your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds. Eating fruits, like apples, will help you get the nutrients you need to grow healthy and strong.

Fiber Champions*:
Beans, blackberries, dates, peas, pears, pumpkin, raspberries, whole wheat cereal, and whole wheat bread.
*Fiber Champions are a good or excellent source of fiber.

How Much Do I Need?
A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. All forms of fruits and vegetables count towards your daily amounts – fresh, frozen, canned, dried, and 100% juice. Make a plan to eat plenty of fruits and vegetables every day. And don’t forget to be active for at least 60 minutes each day!

Find your way through the apple core!

Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Girls</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.

Answers: 1) B, 2) B, 3) D