

A Personal Invitation...

to come and Enjoy the days of the Week!

Pasta Primo Mondays



Taco Tuesdays



Pizza Party Day Wednesdays



Down on the Farm Thursdays



Funtastic Voyage Fridays



October: October is National APPLE Month

Have you heard the saying “an Apple a day will keep the doctor away?” Well, an apple alone may not be enough to keep the doctor away, but it certainly can help. Apples are a delicious, low calorie, high fiber addition to any diet. When most people think about eating an apple they imagine a large, vibrant red delicious apple, the Classic American snacking apple. However, there are more than 2500 varieties of apples grown in the United States and 7500 varieties of apples grown throughout the world. Some of the most delicious apples are the ones eaten immediately after being picked from an apple tree. Once washed, it's a good idea to eat an apple with its skin intact. Just beneath the skin is the greatest concentration of Vitamin C and the skin increases the amount of fiber offered by the apple. You can't get bored eating apples because there are so many varieties that range sweet to tart and from soft and smooth to crisp and crunchy. No matter what your taste buds you are sure to find one that pleases your taste buds. So go explore in your local store or near-by market and enjoy an apple today! For a few tasty apple recipes go to <http://www.besmart-eatsmart-livesmart.com>



The Kid's Cafe will have local Michigan apples offered every week in October.



Sodexo is a partner in the MyPyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit www.mypyramid.gov.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to www.besmart-eatsmart-livesmart.com.

This Month in the Cafeteria

October: Celebrate Great Tastes

Variety is Cool

Variety is the spice of life when it comes to food! There are so many colorful, soft, crunchy, spicy, tangy, juicy, sweet and chewy foods that every day can be a new adventure. Children who learn to try new foods will develop a taste for smart eating throughout life. Kids will learn that variety is COOL and it makes eating and themselves, more interesting and fun. To expand your child's palate...

- 1) Allow your child to select the new fruit, vegetable or recipe of the week. If they own it, they'll be more likely to try it.
- 2) Host a taste test. No “yucks” allowed. Select a variety of foods and have your child and their friends describe the color, shape, feel, smell and taste.
- 3) Don't force foods. Food trying needs to be a positive experience. Encourage “one bite”. Then keep trying. Many kids need to try a new food 5 to 10 times before they like it.

Get Movin...In The Kitchen

Children who are involved in the whole food experience – from planning and shopping to preparing and serving food, are more likely to have diverse taste buds. Cooking with kids also helps to build self esteem as they gain confidence in their skills and feel a sense of accomplishment from their creations. Cooking can reinforce classroom lessons with opportunities to measure, count and learn new vocabulary. Finally, cooking is fun! So next time you're in the kitchen with a child, let them lend a hand. Allow them to measure, stir, pour or shake. Teach them to spread, mix or knead. Don't

Celebrate Great Tastes

MONDAY

All "Fun on the Run" Bags

Comes complete with the Sandwich of the Day, Mini Veggies, Fresh Fruit, Baked Cheese crackers and a Fruit Juice.

Every Monday is Frito-Lay Fun on the Run Day

TUESDAY

Served Daily



A choice of 1% & 2% Milk

WEDNESDAY

World Vegetarian Day 1

Select 1 Entrée

1. Hungry Howies Cheese Pizza
2. Egg Salad on Wheat
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fresh Fruit

THURSDAY

Select 1 Entrée 2

1. Baked Mini Chicken Corn Dogs w/Sweet Potato Fries
2. Garden Salad
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

FRIDAY

All American Meal 3

Select 1 Entrée

1. All Beef Hot Dog
 2. Hamburger
 3. Cheeseburger
- All Served w/Baked Fries*
4. Grilled Cheese Sandwich
 5. Uncrustable PB&J
- #### Select 1-3 Offering
- Fresh Mixed Greens
 - Fresh Cut Mini Veggies
 - Chilled Fruit Salad

Select 1 Entrée 6

1. Penne Pasta w/Marinara Sauce
2. **Fun on the Run** - Turkey Sub
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fresh Fruit

Select 1 Entrée 7

1. (2) Soft Beef Tacos w/Salsa Rice
2. Nachos & Cheese
3. Chef Salad
4. Grilled Cheese Sandwich
5. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

Select 1 Entrée 8

1. Hungry Howies Pizza
2. All American Turkey Sub
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fresh Fruit

Select 1 Entrée 9

1. Chicken Patty Sandwich w/Sweet Potato Fries
2. Chef Salad
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

Asian Inspired Meal 10

Select 1 Entrée

1. Asian Stir Fry w/Veggie Egg Roll & Fortune Cookie
2. Grilled Cheese Sandwich
3. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Mixed Fruit Cocktail

Select 1 Entrée 13

1. Homemade Mac & Cheese
2. **Fun on the Run** - Tuna on Wheat
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fresh Fruit

Select 1 Entrée 14

1. Taco Salad Bowl w/Refried Beans
2. Nachos & Cheese
3. Garden Salad
4. Grilled Cheese Sandwich
5. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

Select 1 Entrée 15

1. Hungry Howies Pizza
2. Tuna on Wheat
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fresh Fruit

Select 1 Entrée 16

1. Chicken Nuggets w/Sweet Potato Fries
2. Garden Salad
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

Lucky Tray Day

All American Meal 17

Select 1 Entrée

1. All Beef Hot Dog
2. Hamburger
3. Cheeseburger

All Served w/Baked Fries

4. Grilled Cheese Sandwich
5. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Applesauce

Select 1 Entrée 20

1. Spaghetti & Meatballs
2. **Fun on the Run** - Turkey Ham & Cheese
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fresh Fruit

Select 1 Entrée 21

1. Grilled Chicken Fajitas w/Salsa Rice
2. Nachos & Cheese
3. Grilled Chicken Caesar Salad
4. Grilled Cheese Sandwich
5. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

Select 1 Entrée 22

1. Hungry Howies Pizza
2. Turkey Ham & Cheese
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fresh Fruit

Select 1 Entrée 23

1. Oven Baked Drumstick w/Homemade Mashed Potatoes
2. Grilled Chicken Caesar Salad
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

French Inspired Meal 24

Select 1 Entrée

1. French Toast Sticks w/Sausage & Syrup
2. Grilled Cheese Sandwich
3. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

Select 1 Entrée 27

1. Cheese Ravioli w/Marinara Sauce
2. **Fun on the Run** - Turkey Sub
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fresh Fruit

Select 1 Entrée 28

1. Cheese Quesadillas w/Salsa Rice
2. Nachos & Cheese
3. Tuna Salad w/Wheat Crackers
4. Grilled Cheese Sandwich
5. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

Select 1 Entrée 29

1. Hungry Howies Pizza
2. All American Turkey Sub
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fresh Fruit

Select 1 Entrée 30

1. BBQ Chicken Sandwich w/Baked Beans
2. Chicken Salad w/Wheat Crackers
3. Grilled Cheese Sandwich
4. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Chilled Fruit

Lucky Tray Day

German Inspired Meal 31

Select 1 Entrée

1. All Beef Frankfurter on a Bun w/Potato Pancakes
2. Grilled Cheese Sandwich
3. Uncrustable PB&J

Select 1-3 Offering

- Fresh Mixed Greens
- Fresh Cut Mini Veggies
- Fruit Cocktail



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