

Families Making the  
Connection



**Celebrate National School Lunch Week**

**October 10th—14th, 2011**

School lunch week celebrates the excellent nutrition school meals provide. School lunch helps kids grow healthy by offering them the foods and nutrients they need most.

**HealthierUS School Challenge**

The HealthierUS School Challenge is part of the First Lady's *Let's Move!* initiative. Schools committed to the HealthierUS School Challenge promote good nutrition and physical activity. To learn more about the program and incentives for schools, go to <http://teamnutrition.usda.gov/healthierUS/index.html>.

**Help Your Child, Help Your School**

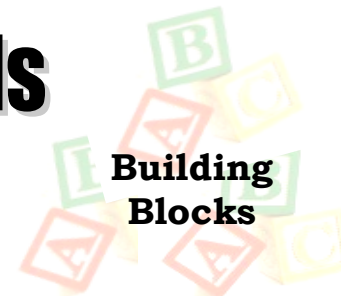
Wondering how you can help your child's school prepare for the challenge?

- Support school meals. They're the healthy, low cost choice.
- Join the school health team. Talk to your child's principal or the PTA president to find out how to become a member or organize a group.
- Make the connection between a healthy school environment and home. Eat smart and move more as a family!



# Charlotte Mecklenburg Schools

## Pre - K Menu October 2011



| Monday, October 3  | Tuesday, October 4   | Wednesday, October 5   | Thursday, October 6   | Friday, October 7  |
|--|--|--|---|--|
| Chicken Biscuit *****<br>*Cheese Pizza<br><br>Cabbage<br><br>Strawberry Applesauce   | Cheese Stuffed Breakfast BreadStick *****<br>Spaghetti Bake ( <i>Grain Roll</i> )<br><br>Fresh Glazed Carobites<br><br>Pineapple Tidbits | Cereal & Grahams *****<br>Mandarin Chicken with Broccoli over Rice ( <i>Grain Roll</i> )<br><br>Potato Wedges<br><br>Peach Parfait                     | Blueberry Muffin & String Cheese *****<br>*Cheese Stuffed Sticks w/ Spaghetti Sauce<br><br>Corn<br><br>Congealed Strawberries | Cereal & Grahams *****<br>Nachos w/Meat, Cheese<br><br>Pinto Beans<br><br>Fruit Cocktail           |
| Monday, October 10   | Tuesday, October 11  | Wednesday, October 12  | Thursday, October 13  | Friday, October 14   |
| Breakfast Sausage Bagel *****<br>BBQ Meatballs over Rice ( <i>Grain Roll</i> )<br><br>Sweet Potato Wedges<br><br>Strawberry - Applesauce | Cereal & Grahams *****<br>*Macaroni & Cheese ( <i>Sweet Potato Muffin</i> )<br><br>Green Beans<br><br>Applesauce                         | Chicken Biscuit *****<br><b>BREAKFAST 4 LUNCH</b><br>Sausage Pattie & French Toast Stix<br>Scrambled eggs & Grits<br><br>Potato Roasters<br>Hot Apples | Cheese & Egg Biscuit *****<br>Hamburger on a Bun<br><br>Baked Beans<br><br>Strawberry Parfait                                 | Cereal & Grahams *****<br>Fish Nuggets<br><br>California Mixed Vegetables<br><br>Pineapple Tidbits |

## Healthy Candy Corn



Ears a sweet fall treat that's great for a classroom or scout meeting -- marshmallow cobs filled with colorful fruit kernels.

### Ingredients

- 4 tablespoons of butter
- 4 cups of mini marshmallows
- 5 cups of puffed corn cereal
- 1 1/3 cups diced dried fruit (we used raisins, papaya, cranberries, and apricots)
- Popsicle sticks
- Fruit leather

### Instructions

1. In a large pot, melt butter and mini marshmallows over low heat (about 5 minutes).
2. Remove the mixture from the stove and use a wooden spoon to stir in puffed corn cereal and diced dried fruit. Allow the mixture to cool for about 10 minutes.
3. Using buttered hands, shape each treat by pressing 1/3 cup of the mixture around a Popsicle stick. Add fruit leather husks to the bottom of the ear, slightly moistening them to help them stick if needed. Makes 15 treats.



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Sources: www.schoolnutrition.org, http://kidshealth.org

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|--|--|---|---|--|
| <p><b>Monday, October 17</b></p> <p>Chicken Biscuit<br/>*****</p> <p>Beef Soft Taco</p> <p>Corn</p> <p>Strawberry Applesauce</p>       | <p><b>Tuesday, October 18</b></p> <p>Cereal &amp; Grahams<br/>*****</p> <p>*Chili Mashed Potato Bowl<br/>(Grain Roll)</p> <p>Fresh Glazed Carobites</p> <p>Fresh Orange</p>  | <p><b>Wednesday, October 19</b></p> <p>Egg &amp; Cheese English Muffin<br/>*****</p> <p>Turkey and Gravy over Rice<br/>(Grain Roll)</p> <p>Green Beans</p> <p>Peach Parfait</p> | <p><b>Thursday, October 20</b></p> <p>Apple Cinnamon Muffin Top &amp; String Cheese<br/>*****</p> <p>*Hot Flatbread Sandwich</p> <p>Tossed Salad</p> <p>Raisins</p> | <p><b>Friday, October 21</b></p> <p>Cereal &amp; Grahams<br/>*****</p> <p>Nachos w/Meat, Cheese</p> <p>Pinto Beans</p> <p>Fruit Cocktail</p> |
| <p><b>Monday, October 24</b></p> <p>Breakfast Sausage Bagel<br/>*****</p> <p>Pepperoni Pizza</p> <p>Green Beans</p> <p>Diced Pears</p> | <p><b>Tuesday, October 25</b></p> <p>Cereal &amp; Grahams<br/>*****</p> <p>Chicken Nuggets<br/>(Grain Roll)</p> <p>Seasoned Zucchini</p> <p>Applesauce</p>   | <p><b>Wednesday, October 26</b></p> <p>Hawaiian Sausage Sandwich<br/>*****</p> <p>Cheeseburger</p> <p>Potato Wedges</p> <p>Congeaed Peaches</p>                                 | <p><b>Thursday, October 27</b></p> <p>Cheese &amp; Egg Biscuit<br/>*****</p> <p>Chicken Pattie on a Bun</p> <p>Broccoli &amp; Cheese</p> <p>Banana</p>              | <p><b>Friday, October 28</b></p> <p><b>TEACHER WORKDAY</b></p>   |
| <p><b>Monday, October 31</b></p> <p>Chicken Biscuit<br/>*****</p> <p>*Cheese Pizza</p> <p>Cabbage</p> <p>Strawberry Applesauce</p>     | <p><b>NATIONAL FARM to SCHOOL MONTH</b></p> <p>School Information:<br/>Pre-K Breakfast for 2011-2012 is \$1.00<br/>Pre-K Lunch for 2011-2012 is \$1.80<br/>* Vegetarian Entrée<br/>*Yogurt, String Cheese &amp; Granola offered everyday</p> <ul style="list-style-type: none"> <li>• Make meal payments and monitor your child's purchases at <a href="http://www.paypams.com">www.paypams.com</a></li> <li>• Child Nutrition, A Recipe for Excellence (980)343-6041</li> <li>• Parents are responsible for payment of meals charged to student accounts</li> </ul> |   |   |  |

