Eating school lunch is a good way for you to make healthy choices for your body. A nutritious lunch will give you more energy to get through the rest of the day! Look at your menu to see what healthy foods you can eat during National School Lunch Week!

Dates to Remember:
- October 13th – Columbus Day
- October 16th – World Food Day
- October 20th – National Fruit Day
- October 27th – International School Library Day
- Make a Difference Day
- October 31st – Halloween
- Dinosaur Month
- Fire Safety Month

FOOD TRIVIA: How heavy is the world’s largest pumpkin?

Answer: 1689 lbs. Grown in Rhode Island, USA.

http://pumpkinnook.com/giants/giantpumpkins.htm

Look for the new Pisa Pizza on your menus this month!
Harvest of the Month – Winter Squash

Winter Squash is an excellent source of Vitamin A, mainly in the form of beta carotene. Vitamin A is a central component for healthy vision and the antioxidant beta carotene helps fight off cancer-causing free radicals. Squash is also a good source of Vitamin C and complex carbohydrate.

Gourds, cucumbers and melons are all part of the Cucurbit Family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia and melons in Africa or Persia.

Winter Squash is one of the oldest cultivated crops in the Western Hemisphere. Seeds found in Mexico have been dated to 8,000 B.C.

Winter Squash was one of the “Three Sisters” planted by the Iroquis. The Iroquis myth describes three sisters that were inseparable. These plants – squash, maize (corn) and beans – were staples of nearly every Native American tribe.

Meal Application Day is October 6!

Please fill out a meal application for the National School Lunch Program and turn it in to your school office or to your child’s teacher by October 6, 2008.

- Your information will be kept confidential!
- Fill out an application even if you think your family does not qualify. It will help your school
Get your children back into the habit of studying...

A great way to enforce good study habits for your children is to set up a routine to follow. Make a specific study time and have it at the same time every day. This will help children learn to schedule their day and provide a sense of control in how they spend their time.

Encourage studying in blocks of time, such as for half an hour with a five minute break. Have them stick to the schedule that they choose for themselves. Best study times: after dinner or right after school before dinner.

Promote studying away from the television, because it encourages little activity and will not stimulate educational patterns. Instead, reward your children with TV after homework is done.

You can also help your children by finding the right place to for them to study. After you’ve found a good study time for your learners, choose a place where there is a table or a desk and a comfortable chair.

Lastly, spend time with your children when they’re studying. You can help them with their homework on occasion and be there for them when they have questions. Helping your children with their homework will help form a bond and help make studying enjoyable!


POTASSIUM

It can be found in fruits like bananas. Children need more in their diets because potassium is shown to lower blood pressure and diminish the effect of sodium on blood pressure. It also reduces the risk of kidney stones and bone loss increase bone loss with age.

The recommended daily intake of potassium for children 1 to 3 years of age is 3,000 mg; 4 to 8 year olds need 3,800 mg and 9 to 13 year olds should have 4,500 mg of potassium each day.

www.5aday.org/commcenter/commtools/kids/NutrientShortfalls.doc