



November 2018

What is a Reimbursable Meal??

A meal must include:

- ½ cup of fruit or vegetable
- 3-5 of the Food Groups ~ *Fruit, Vegetable, Protein, Grain, Milk*

Additional servings of fruits and vegetables are included!

Daily Milk Choices:

(Free of BGH and High Fructose Corn Syrup)

- White Skim
- White 1%
- Chocolate Skim

Pumpkin Parfait

- ½ cup fat-free or low-fat vanilla yogurt
- 2 Tbsp canned pumpkin
- 1/8 teaspoon pumpkin pie spice
- ¼ cup granola



Combine yogurt, pumpkin, and pie spice in a bowl. Place half of the yogurt mixture in the bottom of a glass. Add 2 Tbsp granola, then add the remaining yogurt and another 2 Tbsp granola.

Fun Food Feature of the Month:



Pumpkin

Did you know...

- Pumpkins are a great source of Vitamin A which is good for your eyes and skin and will also reduce infections.
- Pumpkin is not only great in desserts, but also tastes fabulous in pasta, soups, smoothies, and parfaits.
- Try it for breakfast in pancakes, muffins, and bread, too.
- Morton, Illinois is the pumpkin capital of the world. Morton produces 85% of the world's canned pumpkins.
- There are more than 30 varieties of pumpkins.
- An average pumpkin weighs 6 – 18 pounds.
- The world's record for heaviest pumpkin is 2,323 pounds! It was grown in Ludwigsburg, Germany in 2014.
- Pumpkins originated in Central America.
- The original pumpkin "pie" was made by colonists who sliced off the top of a whole pumpkin, removed the seeds, filled it with milk, spices, and honey and then baked the pumpkin in hot ashes.

*** Meatless option**

Nutritional information is on our website at:

www.hudsonraiders.org

This institution is an equal opportunity provider.



<p>29</p> <p>1) Chicken Nuggets 2) Hot Ham & Cheese Sandwich 3) Ham & Cheese Sandwich</p> <p>Mashed Potatoes & Gravy Vegetable Tray Peach Sauce Teddy Grahams</p>	<p>30</p> <p>1) Spaghetti & Meat Sauce with Garlic Toast 2) Grilled Chicken Patty on Bun 3) Ham & Cheese Sandwich</p> <p>Garlic Green Beans Vegetable Tray Pineapple Sauce Apple</p>	<p>31</p> <p>1) Pigs in a Blanket 2) Cheesy Roll-up* 3) Ham & Cheese Sandwich</p> <p>Broccoli & Cheese Sauce Vegetable Tray Pear Sauce Grapes</p>	<p>1</p> <p>1) Beef Tacos 2) Fish Nuggets 3) Ham & Cheese Sandwich</p> <p>Brown Rice Refried Beans Vegetable Tray Rosy Applesauce Fresh Pineapple</p>	<p>2</p> <p>1) Pizza Dippers 2) Hamburger on Bun 3) Ham & Cheese Sandwich</p> <p>Corn Vegetable Tray Mandarin Oranges Fresh Fruit</p>
<p>5</p> <p>1) Chicken Patty on Bun 2) Cheese Quesadilla* 3) Turkey & Cheese Sandwich</p> <p>Baked Beans Vegetable Tray Blushing Pear Sauce Orange Smiles</p>	<p>6</p> <p>1) Chicken Alfredo with Breadstick 2) Sloppy Joe on Bun 3) Turkey & Cheese Sandwich</p> <p>Broccoli Vegetable Tray Peach Sauce Fresh Kiwi</p>	<p>7</p> <p>1) Pepperoni Pizza 2) Chef Salad & Dinner Roll 3) Turkey & Cheese Sandwich</p> <p>Corn Vegetable Tray Cinnamon Applesauce Frozen Yogurt</p>	<p>8</p> <p>1) French Toast & Scrambled Eggs* 2) Grilled Chicken Patty on Bun 3) Turkey & Cheese Sandwich</p> <p>Hash Browns Vegetable Tray Strawberries & Blueberries Bananas</p>	<p>9</p> <p>1) Mini Corn Dogs 2) Fish Patty on Bun 3) Turkey & Cheese Sandwich</p> <p>Sweet Potato Waffle Fries Vegetable Tray Mixed Fruit Fresh Fruit</p>
<p>12</p> <p>1) Popcorn Chicken 2) Turkey, Ham & Cheese Sub 3) Ham & Cheese Sandwich</p> <p>Potato Wedges Vegetable Tray Applesauce Rice Krispie Treat</p>	<p>13</p> <p>1) Hot Dog on Bun 2) Pizza Calzone 3) Ham & Cheese Sandwich</p> <p>Baked Beans Vegetable Tray Pear Sauce Fresh Kiwi</p>	<p>14</p> <p>1) Shrimp Poppers with Macaroni & Cheese 2) Chicken Taco Salad 3) Ham & Cheese Sandwich</p> <p>Peas Vegetable Tray Pineapple Sauce Apple Wedges</p>	<p>15</p> <p>1) Walking Tacos 2) Turkey Wrap 3) Ham & Cheese Sandwich</p> <p>Green Beans Vegetable Tray Fruit Fluff Grapes</p>	<p>16</p> <p>1) Italian Dunkers* 2) Hamburger on Bun 3) Ham & Cheese Sandwich</p> <p>Glazed Carrot Coins Vegetable Tray Peach Sauce Fresh Fruit</p>
<p>19</p> <p>1) Corn Dog 2) Pizza Express 3) Turkey & Cheese Sandwich</p> <p>Baked Beans Vegetable Tray Pear Sauce Orange Smiles</p>	<p>Fun Food Feature</p> <p>20</p> <p>1) Turkey in Gravy over Mashed Potatoes with Dinner Roll 2) Rib-E-Q on Bun 3) Turkey & Cheese Sandwich</p> <p> Corn Vegetable Tray Peach Sauce Pumpkin Bread</p>	<p>Happy Thanksgiving</p>		
<p>26</p> <p>1) Chicken Nuggets 2) Hot Ham & Cheese Sandwich 3) Ham & Cheese Sandwich</p> <p>Mashed Potatoes & Gravy Vegetable Tray Peach Sauce Chocolate Chip Cookie</p>	<p>27</p> <p>1) Spaghetti & Meat Sauce with Garlic Toast 2) Grilled Chicken Patty on Bun 2) Ham & Cheese Sandwich</p> <p>Garlic Green Beans Vegetable Tray Pineapple Sauce Apple</p>	<p>28</p> <p>1) Pigs in a Blanket 2) Cheesy Roll-up* 3) Ham & Cheese Sandwich</p> <p>Broccoli & Cheese Sauce Vegetable Tray Pear Sauce Grapes</p>	<p>29</p> <p>1) Beef Tacos 2) Fish Nuggets 3) Ham & Cheese Sandwich</p> <p>Brown Rice Refried Beans Vegetable Tray Rosy Applesauce Fresh Pineapple</p>	<p>30</p> <p>1) Pizza Dippers 2) Hamburger on Bun 3) Ham & Cheese Sandwich</p> <p>Corn Vegetable Tray Mandarin Oranges Fresh Fruit</p>