



October 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

Apple Cole Slaw (Courtesy USDA Mixing Bowl)

2 ½ cups finely shredded coleslaw mix

- ½ green pepper, seeded and diced
- 1 apple, cored and diced
- 5 Tbsp low-fat plain yogurt
- 1 Tbsp low-fat Mayonnaise
- 1 tsp lemon juice
- ¼ tsp dill weed



Mix the yogurt, mayonnaise, lemon juice and dill weed. Combine all ingredients.

Fun Food Feature of the Month:



Local Apples

Fun Facts:

- Wisconsin produces 54 million pounds of apples each year.
- 57 of the 72 counties in Wisconsin have commercial orchards.
- A medium apple is 1 cup of fruit, or 2 fruit servings.
- The average person in the United States eats about 65 apples (22 pounds) each year.
- Apples are a good source of vitamin C and fiber and are fat- and sodium-free, for only 80-100 calories!
- Apples make great snacks since they are available all year and are easy to take anywhere.
- Soft, sweet apples (Red Delicious) tend to brown faster when cut than tart, firm apples (Granny Smith).

See www.waga.org for more information.



* **Meatless option**

Nutritional information is on our website at:
www.hudsonraiders.org

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<p>1</p> <p>1) Chicken Nuggets 2) Hot Ham & Cheese Sandwich 2) Ham & Cheese Sandwich</p> <p>Mashed Potatoes & Gravy Vegetable Tray Peach Sauce Chocolate Chip Cookie</p>	<p>2</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>3</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>4</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>5</p> <p>1) Pizza Dippers 2) Hamburger on Bun 2) Ham & Cheese Sandwich</p> <p>Corn Vegetable Tray Mandarin Oranges Fresh Fruit</p>
<p>8</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>9</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>10</p> <p>1) Pepperoni Pizza 2) Chef Salad & Dinner Roll 3) Turkey & Cheese Sandwich</p> <p>Corn Vegetable Tray Cinnamon Applesauce Sherbet</p>	<p>Fun Food Feature 11</p> <p>1) French Toast & Scrambled Eggs* 2) Grilled Chicken Patty on Bun 3) Turkey & Cheese Sandwich</p> <p>Hash Browns Vegetable Tray Local Apples Strawberries & Blueberries</p> 	<p>12</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>15</p> <p>1) Popcorn Chicken 2) Turkey, Ham & Cheese Sub 3) Ham & Cheese Sandwich</p> <p>Potato Wedges Vegetable Tray Applesauce Pudding</p>	<p>16</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>17</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>18</p> <p>1) Walking Tacos 2) Turkey Wrap 3) Ham & Cheese Sandwich</p> <p>Green Beans Vegetable Tray Fruit Fluff Grapes</p>	<p>19</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>22</p> <p>1) Corn Dog 2) Pizza Express 3) Turkey & Cheese Sandwich</p> <p>Baked Beans Vegetable Tray Pear Sauce Orange Smiles</p>	<p>23</p> <p>1) Yogurt Parfait & Muffin* 2) Chicken Tenders 3) Turkey & Cheese Sandwich</p> <p>Brown Rice Vegetable Tray Peach Sauce Grapes</p>	<p>24</p> <p>1) Grilled Cheese Sandwich 2) Beef Taco Salad 3) Turkey & Cheese Sandwich</p> <p>Tomato Soup Vegetable Tray Applesauce Slushie</p>	<p>25</p> <p>1) Waffles* with Sausage Links 2) Rib-E-Q on Bun 3) Turkey & Cheese Sandwich</p> <p>Potato Rounds Vegetable Tray Strawberries Banana</p>	<p>26</p> <p>1) Cheese Pizza* 2) BBQ Pork Sandwich 3) Turkey & Cheese Sandwich</p> <p>Corn Vegetable Tray Mixed Fruit Fresh Fruit</p>