

## October Menu Chat

Did you know that the largest pumpkin pie ever made was over five feet in diameter and weighed more than 350 pounds? How many friends do you think it would take to eat that pie!

Pumpkins are great for more than just dessert. Their seeds can be roasted and eaten as a snack. Pumpkin can be used in soups and breads!

They are a rich source of vitamin A and potassium. Vitamin A keeps your eyes and skin healthy, preventing night blindness! Potassium is good for your heart and muscles. This means pumpkin tastes great and is also good for you!

Try adding 100% pumpkin puree and cinnamon to your yogurt, oatmeal, or smoothie for a fall-inspired flavor and a healthy dose of nutrients!



### October Specials

- ❖ October 4<sup>th</sup> – Celebrating National Taco Day with Walking Tacos!
- ❖ October 9<sup>th</sup> to 15<sup>th</sup> – National School Lunch Week Specials Daily!
- ❖ October 17<sup>th</sup> – Serving In/Out Pasta for National Pasta Day!
- ❖ October 26<sup>th</sup> – Try a Vanilla Pumpkin Smoothie!
- ❖ October 31<sup>st</sup> – Fun Halloween Cookies!