

FOOD BYTES

**October
2022**

Hi there!

School Lunch

National School Lunch Week falls on the second full week of October each year, however the staff at school cafeterias around the country work hard all school year to feed the students healthy, balanced lunches. Each day students are offered lunches that follow all the USDA Guidelines including:

- Offering a variety of foods from all 5 of the required components:
 - fruit, vegetable, milk, grains, and meat /meat alternative
- At least 80% of grain-based foods offered each week must be whole grain rich
- Offering a variety of vegetables from all the vegetable subgroups
- If a school follows Offer vs Serve guidelines, students can decline 2 of the 5 components offered but must take a fruit or vegetable
- Meet specific nutrition requirements for calories, fat, and sodium



Pumpkin is high in Vitamin A, Potassium, Vitamin C, Fiber, and Antioxidants. It's also low calorie at 50 calories per cup.

October
11th – 15th
is National
School Lunch
Week

KITCHEN TIP

You can freeze pumpkin puree in ice cube trays. Once frozen, they can be stored in a Ziplock bag in the freezer for a few months. These frozen pumpkin cubes can be easily added to smoothies.



Recipe Pumpkin Smoothie

Makes 1 Serving

Ingredients:

- 1/2 cup canned pumpkin (not pie filling)
- 1/3 cup fat-free, plain yogurt
- 1/3 cup fat-free milk
- 2 tablespoons rolled oats
- 2 teaspoons honey
- 1/2 teaspoon pumpkin pie spice
- 3-4 ice cubes

Instructions:

1. In a food processor or blender, process all the ingredients for one minute, or until smooth and frothy.
2. Pour into a glass. Serve immediately.