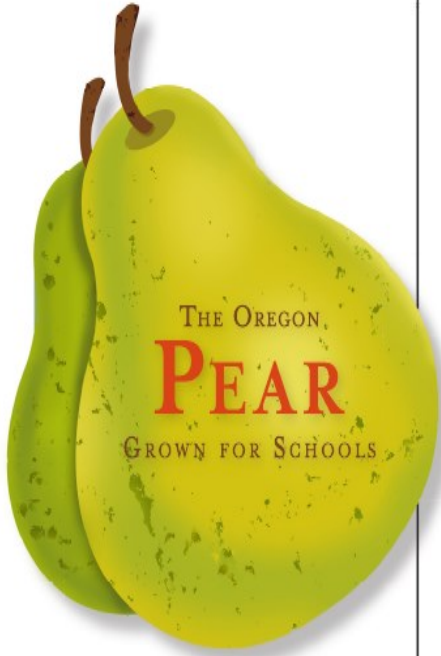


October 2017 K-8

Hamilton Creek, Lacombe & Pioneer

All meals include a variety of fruits, vegetables and milk.



Pears: An Oregon Treasure!

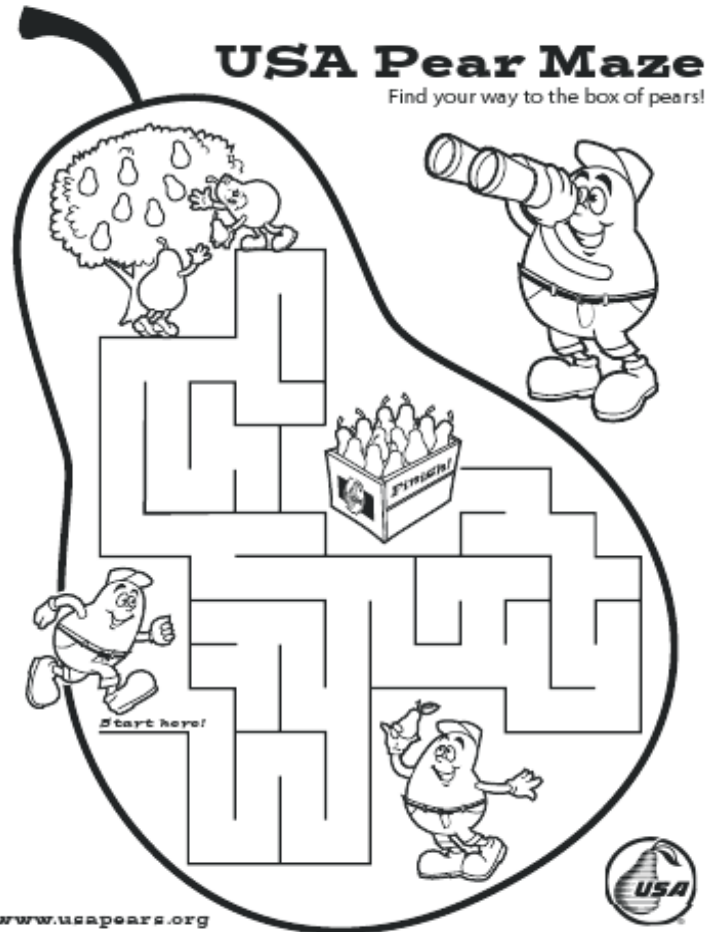
Pears grow abundantly in Oregon's fertile soil. No wonder it's our state fruit!

HARVEST BITES

- Circle the word pear or pears every time it appears on this month's menu.
- How many did you circle?
- How many pears do you plan to eat this week?

Mon	Tue	Wed	Thu	Fri
2 Pulled Pork Sandwich Spaghetti PBJ	3 Grilled Cheese Baked Berry Oatmeal and Sausage PBJ	4 Soft Taco Cheesy Garlic Bread PBJ	5 Ham, Egg & Cheese Muffin Chicken Burger PBJ	6 Pizza PBJ Cookie
9 Cheesy Bean Dip Rib'bq Sandwich PBJ	10 Hamburger Roasted Chicken PBJ	11 Chef Salad Popcorn Chicken PBJ	12 Taco Soup Turkey Sandwich PBJ	13 NO SCHOOL
16 Hamburger Deli Ham Sandwich PBJ	17 Turkey Sandwich White Chicken Chili PBJ	18 Taco Salad Loaded Baked Potato PBJ	19 Sloppy Joes Sweet & Sour Chicken Nuggets PBJ	20 Pizza PBJ
23 Orange Chicken Deli Ham Sandwich PBJ	24 Chicken Fajita Taco Tuna Salad Sandwich PBJ	25 Homemade Chili Chicken Tenders PBJ	26 Turkey Gravy & Mashed Potatoes Hamburger PBJ Holiday Sugar Cookie	27 NO SCHOOL
30 NO SCHOOL	31 NO SCHOOL			

Just for Kids



www.usapears.org

FIND OUT MORE: The Pear Bureau website has ideas for fun activities you can do with your child – related to pears of course. Go to uspears.com/Kids and Classrooms/Parents.aspx. Visit the Oregon Department of Education Child Nutrition Program at ode.state.or.us/services/nutrition. Look for Oregon Farm to School and School Garden Program under Associated Topics.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

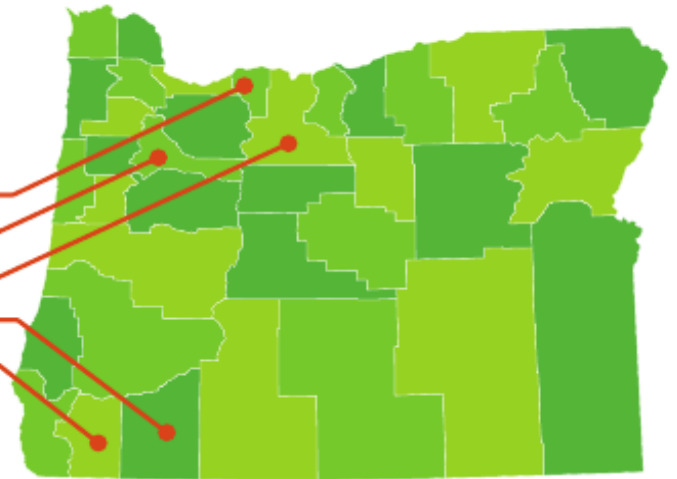
	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit fruitsandveggiesmatter.gov to learn more.

Grown in Oregon

The top five pear growing counties are:

HOOD RIVER
MARION
WASCO
JACKSON
JOSEPHINE



Healthy, Fit and Ready to Learn

Pears are a good source of complex carbohydrate which means pears provide long lasting energy.

