

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?

October 2017

LHS Menu

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

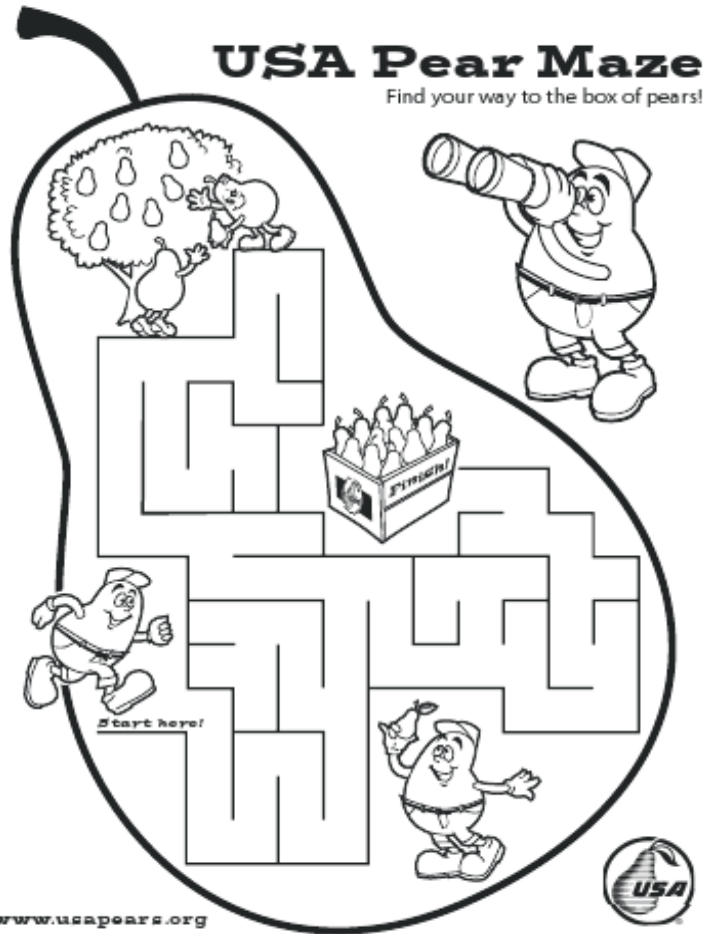
Lunch Price: \$2.50

Mon	Tue	Wed	Thu	Fri
<i>Chicken Ceasar Salad</i>	<i>Taco Salad</i>	<i>Fajita Salad</i>	<i>Asian Chicken Salad</i>	<i>Pizza</i>
<i>PBJ</i>	<i>Tuna Salad Sandwich</i>	<i>Cheesy Chicken Quesadilla</i>	<i>Deli Ham Sandwich</i>	<i>Chef Salad</i>
<i>Pepper Jack Enchiladas</i>	<i>Ramen Noodle Bowl</i>	<i>Turkey Gravy & Mashed Potatoes</i>	<i>Soft Taco</i>	<i>Cheesy Garlic Bread</i>
<i>Cheeseburger</i>	<i>Chicken Burger</i>	<i>Protein Power Pac</i>	<i>Popcorn Chicken</i>	<i>Orange Chicken</i>
<i>Pulled Pork Sandwich</i>	<i>Grilled Ham & Cheese Sandwich</i>	<i>Honey Roasted Carrots</i>	<i>White Chicken Chili</i>	<i>Turkey Bacon Ranch Wrap</i>
<i>Veggie Beans</i>			<i>Baked French Fries</i>	<i>Cookie</i>
			10/26 Holiday Sugar Cookie	

Meals are the same throughout the month by day.

No School 10/13, 10/27, 10/30 & 10/31

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

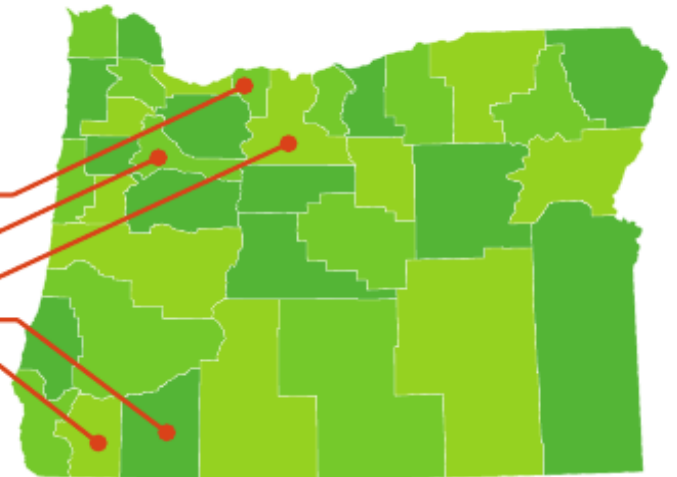
	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

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.

