

### 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.

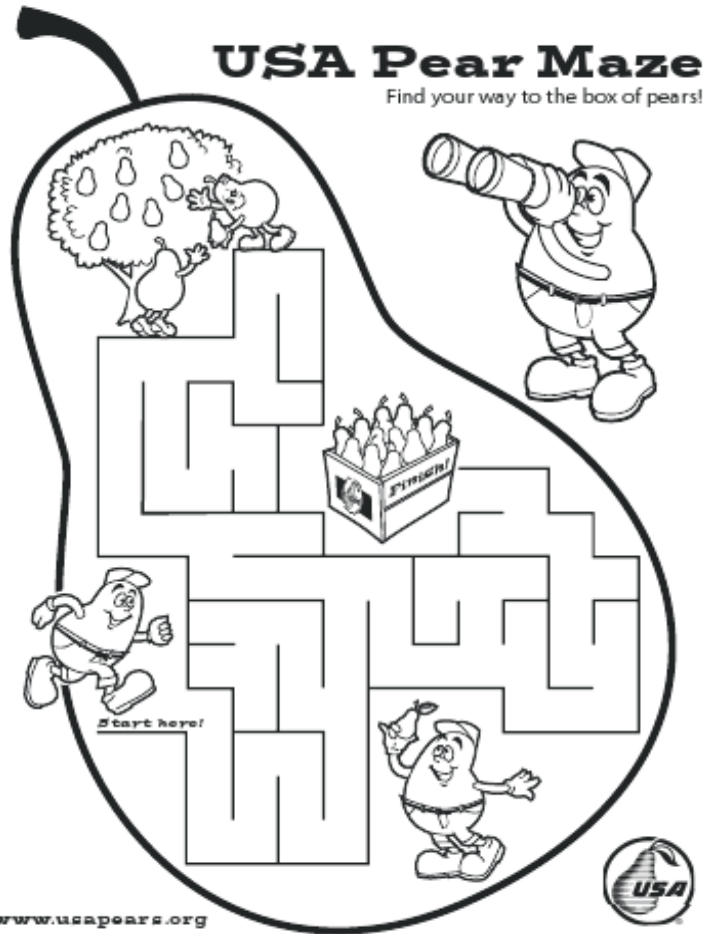
Lunch Price: \$2.50

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>Salad</i>	<i>Tuna Salad</i>	<i>Cheesy Chicken Quesadilla</i>	<i>Deli Ham Sandwich</i>	<i>Chef Salad</i>
<i>PBJ</i>	<i>Sandwich</i>	<i>Turkey Gravy &amp; Mashed Potatoes</i>	<i>Soft Taco</i>	<i>Cheesy Garlic Bread</i>
<i>Pepper Jack Enchiladas</i>	<i>Ramen Noodle Bowl</i>	<i>Protein Power Pac</i>	<i>Popcorn Chicken</i>	<i>Orange Chicken</i>
<i>Cheeseburger</i>	<i>Chicken Burger</i>	<i>Honey Roasted Carrots</i>	<i>White Chicken Chili</i>	<i>Turkey Bacon Ranch Wrap</i>
<i>Pulled Pork Sandwich</i>	<i>Grilled Ham &amp; Cheese Sandwich</i>		<i>Baked French Fries</i>	<i>Cookie</i>
<i>Veggie Beans</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](http://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](http://uspears.com/Kids) and [Classrooms/Parents.aspx](http://Classrooms/Parents.aspx). Visit the Oregon Department of Education Child Nutrition Program at [ode.state.or.us/services/nutrition](http://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

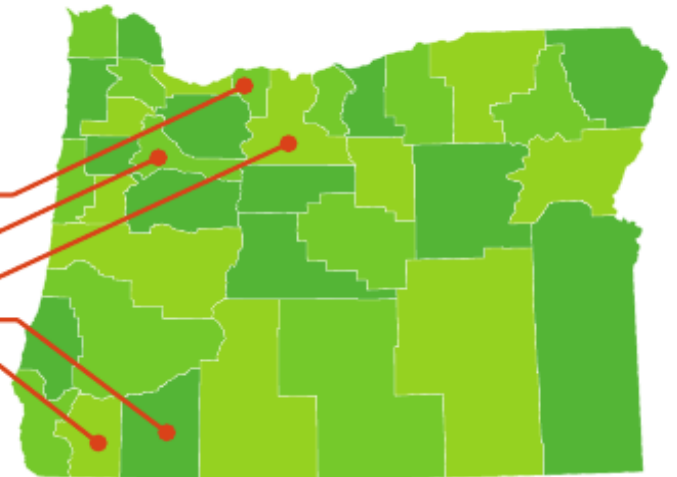
	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ – 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [fruitsandveggiesmatter.gov](http://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.

