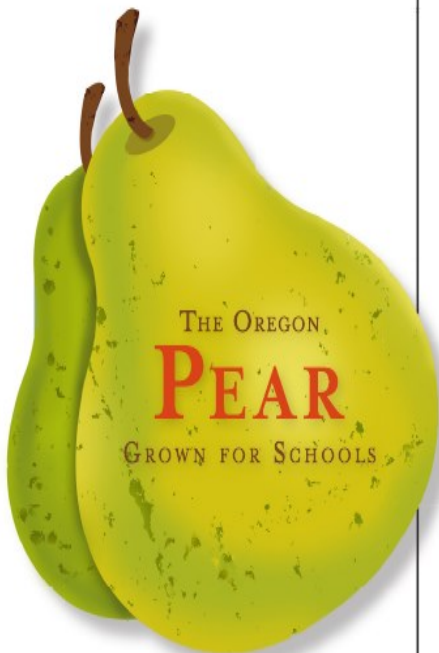


Lunch is free for
all students.



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

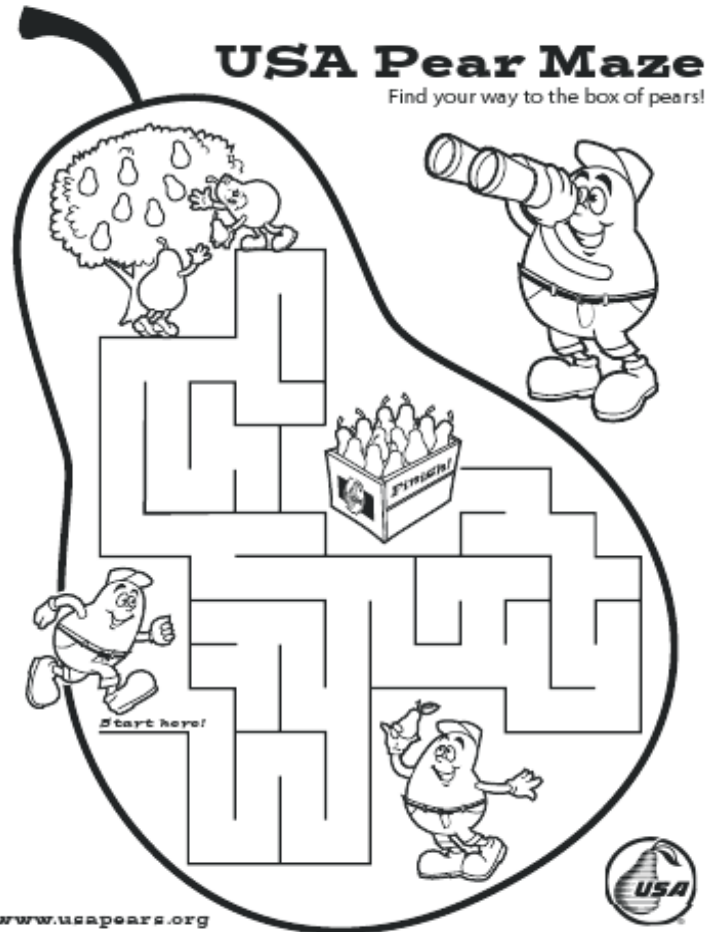
Seven Oak Middle School

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

Mon	Tue	Wed	Thu	Fri
2 Corn Dog Spaghetti Deli Ham Sandwich PBJ	3 Grilled Cheese Chicken Tenders Tuna Salad Sandwich PBJ Honey Roasted Carrots	4 Soft Taco Rib'bq Sandwich Pizza Salad PBJ	5 Orange Chicken Ham, Egg & Cheese Muffin Chicken Ceasar Salad PBJ Garlic Broccoli	6 Pizza Taco Salad PBJ Cookie
9 Hamburger Pulled Pork Sandwich Deli Ham Sandwich PBJ	10 Turkey Gravy & Mashed Potatoes Grilled Cheese Chicken Ceasar Salad PBJ	11 Soft Taco Popcorn Chicken Chef Salad PBJ	12 Ramen Noodle Bowl Grilled Ham & Cheese Turkey Sandwich PBJ	13 NO SCHOOL
16 Cheesy Bean Dip Deli Ham Sandwich Turkey Bacon Ranch Wrap PBJ	17 Turkey Sandwich Chicken Fajita Taco Chef Salad PBJ	18 Chicken Nuggets Roasted Chicken Taco Salad PBJ Pasta Salad	19 White Chicken Chili Grilled Cheese Egg Salad Sandwich PBJ	20 Pizza Turkey Bacon Ranch Wrap PBJ Cookie
23 Chicken Burger Grilled Cheese Turkey Sandwich PBJ Baked Beans	24 Soft Taco Pulled Pork Sandwich Pizza Salad PBJ	25 Orange Chicken Chicken Tenders Chef Salad PBJ	26 Homemade Chili Loaded Baked Potato Deli Ham Sandwich PBJ Holiday Sugar Cookie	27 NO SCHOOL
30 NO SCHOOL	31 NO SCHOOL			

This institution is an equal opportunity provider. Menu subject to change.

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

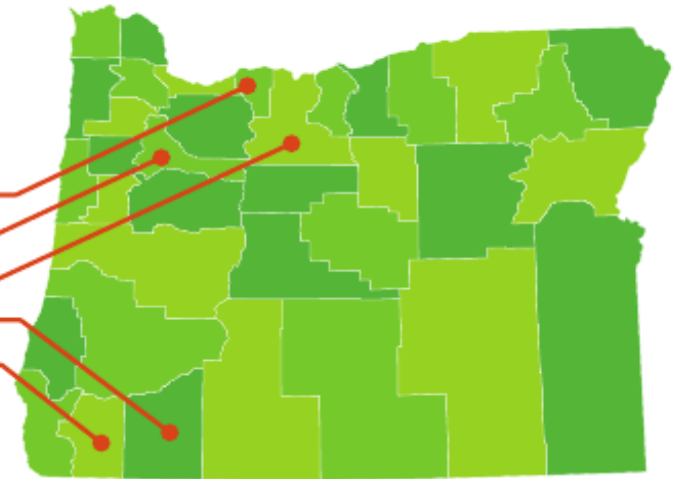
	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit fruitsandvegetablesmatter.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.

