

OCTOBER NEWSLETTER



It's Farm to School Month!

October is a busy month for both our nation's farms and our nation's schools. Farmers are harvesting everything from apples to pumpkins, while schools are celebrating Farm to School Month by raising awareness of the connection with fresh, healthy food and local food producers.

RECIPE of the Month

Iowa Breakfast Bake Pan

yield: 24 servings per 2" hotel pan

1 gal water, 1/2 t salt, 1lb pinto beans

3 lb. Ground pork

2 T. Diced jalapenos 1/4 c. Wax)

24 Large farm fresh eggs

4 oz. Cheddar cheese

8 oz. Mozzarella cheese

Directions for a single 2" hotel pan:

1. Soak beans overnight in a large pot with water. 2. Add onions to beans and water and steam or boil until tender. (Approximately 20 minutes)
3. Reserve 2 cups of the cooking liquid and puree together with a 1/2 t salt & the cooked beans. 4. Cook ground pork to a temperature of 165 degrees. 5. Whisk together eggs with a 1/2 t of salt. 6. Layer in this order - beans, pork, peppers and eggs inside oiled 2" full hotel pan. 7. Steam or bake for 10 minutes at 350 degrees. 8. Top with cheeses and steam or bake until cheese is melted and the internal temperature reaches 155 degrees. 9. Cut into 24 pieces and serve. (Burrito variation is served with #16 scoop of filling in tortilla)

Cal. 227 - Sodium 271 - Carb 13.06

Try this with us October 11, but we are substituting hash-browns for the beans!!!!

OCTOBER HAS LOTS OF CELEBRATING!!

IMPORTANT DATES

- **OCTOBER 11 LOCAL FOOD DAY**



- **OCTOBER 15-19 NATIONAL SCHOOL LUNCH WEEK**



2018

JANUARY							FEBRUARY							MARCH							APRIL											
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat					
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SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER											
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-**October 3rd:** Try at Pumpkin Recipes at the Library's Early Out Day

-**October 10:** Apple Food Tasting and Nutrition Education at the Preschool

-**October 11:** Local Food Day at all Schools!

-**October 15:** Grill Out Day

-**October 16:** Food Tastings at High

-**October 19:** Ice Cream Celebrations at all Schools!

- **October 31:** Have a spooky and yummy lunch and dress up!

OCTOBER MENUS

are online at <http://www.shencsd.com/>-

Check out the Nutrition page to find menus, information about the program, and fun exciting events coming up!