



# Lindop School District

October  
2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Cheerios Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>3</b> Cheesy Ham Melt Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>4</b> Mini-Cinnis Choice of Cereal Fun with D&J Crackers 100% Apple Juice Fresh Fruit Bar 1% Unflavored Milk	<b>5</b> Blueberry Breakfast Bark Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>6</b> Mini Bagels or Bagel w/ Cream Cheese Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
<b>9</b> <b>NO SCHOOL</b>	<b>10</b> Mini Bagels or Bagel w/ Cream Cheese Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>11</b> Breakfast Sandwich Choice of Cereal Fun with D&J Crackers 100% Apple Juice Fresh Fruit Bar 1% Unflavored Milk	<b>12</b> Brekkie Choice of Cereal Fun with D&J Crackers 100% Apple Juice Fresh Fruit Bar 1% Unflavored Milk	<b>13</b> Choice of Cereal <b>FILL IN SPECIAL</b> Choice of Cereal Fun with D&J Crackers 100% Orange Juice Fresh Fruit Bar 1% Unflavored Milk
<b>16</b> Choice of Mini Pancakes or Pancakes Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>17</b> Breakfast Sandwich Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>18</b> Choice of Egg Choice of Grain Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>19</b> Cinnamon Roll Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>20</b> Choice of Cereal Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
<b>23</b> <b>NO SCHOOL</b>	<b>24</b> Mini Waffles Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>25</b> Breakfast Sandwich Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>26</b> Breakfast Bowl Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>27</b> Choice of Cereal Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
<b>30</b> Mini Bagels or Bagel w/ Cream Cheese Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	<b>31</b> Cheesy Ham Melt Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	This is for Food 4 Thought		

PRICES

EXTRA INFO

Milk(1% & Skim White, Skim Chocolate)  
available daily  
Assorted fruits available daily

HARVEST OF



THE MONTH

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# Lindop School District

October  
2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Beef Hot Dog on a Bun  Golden French Fries Baby Carrots  Peaches, Diced Banana Milk Choice	<b>3</b> Choice of Tacos or Nachos Salsa  Spiced Pinto Beans Baby Carrots  Applesauce Banana Milk Choice	<b>4</b> BBQ Chicken Legs Brown Rice Dinner Roll Steamed Peas Baby Carrots  Pineapple Tidbits Banana Milk Choice	<b>5</b> Pasta with Meat Sauce Whole Grain Dinner Roll  Roasted Broccoli Baby Carrots  Mixed Canned Fruit Banana Milk Choice	<b>6</b> Choice of Pizza  California Blend Vegetable Baby Carrots  Diced Pears Banana Milk Choice
<b>9</b> <b>NO SCHOOL</b>	<b>10</b> Macaroni & Cheese Whole Grain Dinner Roll  Roasted Broccoli Cherry Tomato  Mixed Canned Fruit Fresh Pear Milk Choice	<b>11</b> Crispy Chicken Nuggets Whole Grain Dinner Roll  California Blend Vegetable Cherry Tomato  Pineapple Tidbits Fresh Pear Milk Choice	<b>12</b> Chicken, Penne Bake Whole Grain Dinner Roll  Steamed Green Beans Cherry Tomato  Applesauce Fresh Pear Milk Choice	<b>13</b> Chicken Taquito Salsa  Black Beans Cherry Tomato  Diced Pears Fresh Pear Milk Choice
<b>16</b> Cheese Bosco Stick Marinara Sauce  Steamed Green Beans Cherry Tomato  Peaches, Diced Fresh Grapes Milk Choice	<b>17</b> Choice of Tacos or Nachos Salsa  Refried Beans Cherry Tomato  Pineapple Tidbits Fresh Grapes Milk Choice	<b>18</b> Beef Hot Dog on a Bun  Roasted Corn Cherry Tomato  Mixed Canned Fruit Fresh Grapes Milk Choice	<b>19</b> Pasta with Meat Sauce Whole Grain Dinner Roll  Roasted Broccoli Cherry Tomato  Applesauce Fresh Grapes Milk Choice	<b>20</b> French Toast Sticks Sausage Patty  Glazed Carrots Baby Carrots  Diced Pears Fresh Grapes Milk Choice
<b>23</b> <b>NO SCHOOL</b>	<b>24</b> Crispy Chicken Sandwich  Black Beans Baby Carrots  Mixed Canned Fruit Banana Milk Choice	<b>25</b> Meatloaf Whole Grain Dinner Roll  Mashed Potatoes Gravy Baby Carrots  Pineapple Tidbits Banana Milk Choice	<b>26</b> Chicken Potstickers Chicken Fried Rice  Kung Fu Carrots Baby Carrots  Applesauce Banana Milk Choice	<b>27</b> Choice of Pizza  California Blend Vegetable Baby Carrots  Diced Pears Banana Milk Choice
<b>30</b> <b>HOM Apple &amp; Pumpkin</b> Chicken Alfredo w/Pasta Whole Grain Dinner Roll  Pumpkin Apple Muffin Steamed Peas Broccoli Florets  Peaches, Diced Fresh Pear Milk Choice	<b>31</b> Choice of Tacos or Nachos Salsa  Refried Beans Broccoli Florets  Mixed Canned Fruit Fresh Pear Milk Choice	This is for Food 4 Thought		

<b>PRICES</b>	<b>EXTRA INFO</b>	<p>Milk(1% &amp; Skim White, Skim Chocolate) available daily Assorted fruits available daily</p>	<b>HARVEST OF</b>		<b>THE MONTH</b>
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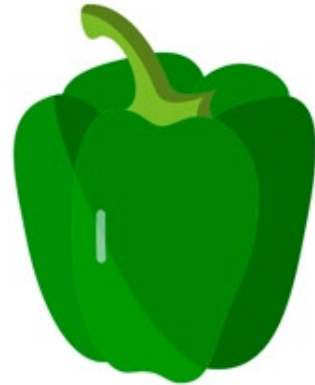


# FFVP

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>GREEN PEPPER LOCAL</b>	4	5 <b>CANTALOUPE</b>	6	7
8	9	10 <b>RADISH COIN LOCAL</b>	11	12 <b>PINEAPPLE</b>	13	14
15	16	17 <b>BEETS LOCAL</b>	18	19 <b>CLEMENTINE</b>	20	21
22	23	24 <b>RED CABBAGE LOCAL</b>	25	26 <b>FUJI APPLE LOCAL</b>	27	28
29	30	31 <b>ORANGE PEPPER</b>	1	2	3	4
5	6	Notes				

# GREEN PEPPER



## HEALTH BENEFITS

- Green sweet peppers are low in calories and a particularly rich source of vitamins C and B6.
- Green sweet peppers are a good source of fiber. Adding fiber-rich foods to your diet can promote healthy gut function and protect against conditions that affect the digestive system.
- Green sweet peppers are high in antioxidant and anti-inflammatory plant compounds, including vitamin C, carotenoids, and phenolic acids.

## Fun Facts

- Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables.
- The bell pepper is the only member of the pepper family that does not produce capsaicin, a chemical that can cause a strong burning sensation when it comes in contact with your tongue.



# CANTALOUPE



## HEALTH BENEFITS

- Cantaloupe has more beta-carotene than apricots, grapefruit, orange, and peaches.
- Beta-carotene is a type of carotenoid, once eaten, beta-carotene is either converted into vitamin A or acts as a powerful antioxidant
- 1 cup of balled cantaloupe contains over 100 percent of the recommended daily value (DV) of vitamin C
- One wedge of a medium-sized cantaloupe provides 4% of your potassium daily value

## Fun Facts

- When choosing a cantaloupe use your nose- pick the cantaloupe that has a sweet smell.
- Cantaloupes received their name from Cantalupo, Italy where they were cultivated in the 1700s
- Cantaloupes are related to watermelon, honeydew, cucumbers, pumpkins, and squash.



# RADISH COINS



## HEALTH BENEFITS

- Radishes are a good source of vitamin C. Just 1/2 cup offers about 14 percent of your recommended daily allowance.
- A 1/2-cup serving of radishes gives you 1 gram of fiber. Eating a couple servings each day helps you reach your daily fiber intake goal.
- Radishes are a good source of antioxidants like catechin, pyrogallol, vanillic acid, and other phenolic compounds.

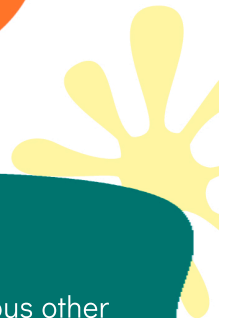
## Fun Facts

- There are five common radish varieties grown in the United States. The most well-known variety is the Red Globe radish. The other radishes grown in the US are the Daikon, California Mammoth White, White Icicle, and Black varieties.
- Radishes are a type of root vegetable. Radish leaves may be harvested and eaten





# PINEAPPLE



## HEALTH BENEFITS

- Pineapples are especially rich in vitamin C and manganese, as well as numerous other vitamins and minerals.
- Pineapples are a rich source of antioxidants that may reduce your risk of ailments such as heart disease, diabetes, and certain cancers.
- Pineapples contain bromelain, a group of digestive enzymes that may help break down protein and aid digestion.



## Fun Facts

- Pineapples regenerate! You can plant pineapple leaves to grow a new plant.
- Pineapples contain the bromelain enzyme which can break down proteins, so you can use them to tenderize meat.
- Hawaii produces about 1/3 of all pineapples in the world.



# BEETS



## HEALTH BENEFITS

- Beets are loaded with vitamins and minerals yet low in calories and fat. They're also a good source of several key nutrients, including folate, manganese, and copper.
- Beets contain a high concentration of nitrates, which can help lower your blood pressure levels. This may lead to a reduced risk of heart disease and stroke.
- Eating beets may enhance athletic performance by improving oxygen use and endurance.

## Fun Facts

- White rings inside the vegetable are created by the weather during growing season.
- Small beets have a sweeter taste- shop for beets no larger than a baseball.
- When harvested, the entirety of the plant is edible, from the tips of its leaves, down to its long pointed root. Sautéed beet greens anyone?





# CLEMENTINES



## HEALTH BENEFITS

- Clementines contain natural sugars and a small amount of protein. They're rich in vitamin C and contain several other vitamins and minerals, notably thiamine and folate.
- Clementines are rich in antioxidants and fiber and can help improve your skin and gut health. In addition, they may promote fruit intake among children.

## Fun Facts

- Clementines are hybrids between mandarin oranges and sweet oranges. Although tangerines and clementines are both linked to mandarins, clementines taste very sweet while tangerines taste sour.
- You can recognize a clementine by its small shape and smooth, glossy skin.



# RED CABBAGE



## HEALTH BENEFITS

- Purple cabbage is low in calories yet a good source of fiber and vitamins A, C, K, and B6. It also contains small amounts of other vitamins and minerals.
- Purple cabbage is a great source of beneficial plant compounds and offers one of the highest amounts of health-promoting antioxidants per unit cost.
- Purple cabbage may help fight inflammation and reduce accompanying symptoms, such as pain, swelling, and discomfort.

## Fun Facts

- Red cabbage has a flavonoid called anthocyanin, which is also found in blueberries and flower petals.
- Red cabbage can also be used as a natural dye for cloth or food.



# FUJI APPLE



## HEALTH BENEFITS

- Apples are a good source of fiber and vitamin C. They also contain antioxidants, like vitamin E, and polyphenols that contribute to the fruit's numerous health benefits.
- Apples are particularly filling due to their high fiber and water content. Their polyphenols may also have anti-obesity effects.
- Apples promote heart health in several ways. They're high in soluble fiber, which helps lower cholesterol.

## Fun Facts

- Fuji apples are a relatively new variety. They were first bred in Japan in the late 1930s, but were only brought to the world market in 1962.
- Known for their sweetness, Fuji apples have one of the highest sugar contents of apples on the market at about 14g of sugar per 100g.



# ORANGE PEPPER



## HEALTH BENEFITS

- Bell peppers are mainly made up of water and carbs. Most of the carbs are sugars, such as glucose and fructose. Bell peppers are also a decent source of fiber.
- Bell peppers are very high in vitamin C, with a single one providing up to 169% of the RDI. Other vitamins and minerals in bell peppers include vitamin K1, vitamin E, vitamin A, folate, and potassium.

## Fun Facts

- Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables.
- The bell pepper is the only member of the pepper family that doesn't produce capsaicin, a chemical that can cause a strong burning sensation when contact with your tongue.

