

# Stanley G. Falk School - Roosevelt Location K-6 Fresh Fruit & Vegetable Program Menu September 2021

## Growing Minds Resource Corner



Monday	Tuesday	Wednesday	Thursday	Friday
<b>13</b> <b>MOVE IT MONDAYS:</b> <b>Stand behind your chair and do 15 Jumping Jacks</b>	<b>14</b> <b>Broccoli Trees w/ ranch dipping cup</b>	<b>15</b> <b>Orange Smiles</b>	<b>16</b> <b>Red Pepper Slices w Ranch Dip</b>	<b>17</b> <b>Pineapple Chunks</b>
<b>16</b> <b>MOVE IT MONDAYS:</b> <b>Do 15 Arm circles</b>	<b>17</b> <b>Homegrown Local Plums</b>	<b>18</b> <b>Cucumber Coins</b>	<b>19</b> <b>Watermelon Chunks</b>	<b>20</b> <b>String Beans w Ranch Dip</b>
<b>23</b> <b>MOVE IT MONDAYS:</b> <b>Stand behind your chair and do 10 squats</b>	<b>24</b> <b>Celery Spears and Sun Butter Dip</b>	<b>25</b> <b>Super Sweet Strawberries</b>	<b>26</b> <b>Zucchini Spears w/ ranch dipping cup</b>	<b>27</b> <b>Cantaloupe Squares</b>

A sneak peek into next month - Apples, Apples, Apples.....  
**#FalkFunny: Why did the apple pie cry?????**  
**Its peelings were hurt!!!!**



## #FalkForward Recipes The Best Vegetable Salad Ever

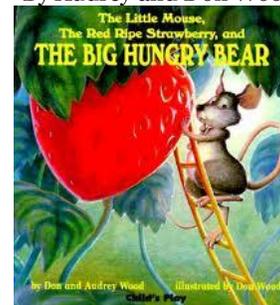
- 1 - Cucumber, peeled and chopped
- 2 - fresh tomatoes, chopped
- 2 - green onions. Minced
- 1 - red bell pepper, chopped
- 5 - radishes, chopped
- 1 - small jicama peeled and julienned
- 5 - romaine lettuce leaves
- 1 - clove garlic, minced
- 1 1/2 TBSP - lemon juice
- 2 Tbsp - olive oil
- 1 Tbsp - pomegranate juice
- 1 Tsp - salt
- 1 Tsp - chopped fresh dill
- 1 Tsp - chopped Basil

### Directions:

Toss together the cucumber, tomato, onion, pepper, radish, jicama, and lettuce in a large salad bowl. Whisk together the garlic, lemon juice, olive oil, pomegranate juice, salt, pepper, dill basil and water in a small bowl. Drizzle over the salad just before serving.

## Reading Corner

[The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear](#)  
 By Audrey and Don Wood



In this book, the narrator follows a mouse's every move as he picks a strawberry and tries to keep it from the ominous Big Hungry Bear. After disguising the strawberry, hiding it, and putting it under lock and key, the narrator suggests the best way to make sure the bear doesn't get it: "cut it in half, give me the other half, and eat it!" Told from an interesting point of view, the reader feels like part of the story.

## Parent Resources

<https://www.nutrition.gov/subject/life-stages/children>

<https://www.fns.usda.gov/tn/parents>

<https://www.choosemyplate.gov/health-and-nutrition-information>

## Move It Mondays

Make one day of the week your day to exercise...

Try this at home!!

**Push-ups on the counter:**  
 Place both hands on the counter top, extend your legs behind you at an angle, bend your elbow into the counter top, then push back up!  
 For more fun and inexpensive exercises to do with kids click the link below

<https://www.familyeducation.com/life/exercise-sports/8-fun-cheap-family-fitness-activities>.

