

Stanley G. Falk School Lunch

OCTOBER

**NEW YORK
STATE
HARVEST OF THE
MONTH ~**

NYS Apples &
Winter Squash

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheeseburger on a Bun ----- Corn Niblets or Green beans Apple Crisp
4 Assorted Sub Baked Chips ----- Tater Tots or Cucumber & Tomato Salad	5 Chicken Patty on a Bun ----- Cauliflower or Roasted Butternut Squash	6 Nacho Grande Spicy Seasoned Rice ----- Refried Beans or Garden Fresh Salad	7 Cheesy Macaroni Bake Dinner Roll ----- Broccoli or Carrots Coins Applesauce	8 Cheese & Pepperoni Pizza ----- Chef Salad or Carrots & Celery Sticks
11 NO SCHOOL	12 BBQ Burger on a Bun ----- Vegetarian Beans or Green Beans	13 Turkey & Gravy Buttered Noodles Dinner Roll ----- Mashed Potato or Roasted Butternut Squash	14 Goulash & Garlic Roll ----- Garden Fresh Salad or Cauliflower Clouds	15 Assorted Sub Baked Chips ----- Carrots & Celery Sticks or Cucumber & Tomato Salad
18 Hot Dog on a Bun ----- Broccoli or Cowboy Beans	19 French Toast & Sausage Warm Syrup ----- Sweet Peas or Crispy Tater Tots Apple Cinnamon Muffins	20 Spaghetti & Meat Sauce Garlic Roll ----- Zucchini Coins or Garden Fresh Salad	21 BBQ Chicken & Cheese Sandwich ----- Carrots Sticks & Dip or Roasted Butternut Squash	22 Pork Chops Buttered Noodles ----- Broccoli or Cauliflower
25 Grilled Chicken Sandwich with Cheese & Bacon ----- Roasted Butternut Squash or Broccoli	26 Cheese & Pepperoni Pizza ----- Carrots Coins or Garden Fresh Salad	27 Sloppy Joe on a Bun ----- Broccoli or Baked Beans	28 Taco In A Bag Savory Spanish Rice ----- Corn or Romaine Salad	29 Ghoulish Grilled Cheese Witch's Brew Soup ----- Bat Beans or Frightful Fries "I Scream" Treat

Winter Squash



- Butternut squash or winter squash, is harvested in the fall but it keeps well for several months.
- Squash is a good source of fiber, potassium and several other key nutrients.
- The nutritional content of squash makes it beneficial for digestion, blood pressure, and for healthy skin and hair
- Squash can enhance or form the basis of a range of sweet and savory dishes.

NYS Apples



- Apples are a member of the rose family of plants, along with pears, peaches, plums and cherries.
- Most apples are picked by hand.
- Americans eat more apples per capita than any other fresh fruit.
- The science of apple growing is called pomology.

#FalkForward Recipe Card #1: Three Sisters Soup

“Three sisters” refers to the wonderful combination of beans, corn and squash - foods traditionally grown and consumed together by many American Indian tribes. Hearty, Healthy Three Sisters Soup is an all-in-one-meal.

Ingredients:

- 2 cups canned white or yellow corn
- 2 cups fresh green beans, trimmed and snapped
- 2 cups peeled and cubed butternut squash
- 1 1/2 cups diced peeled potatoes
- 5 cups water
- 1 1/2 TBSP chicken bouillon
- 2 TBSP butter
- 2 TBSP all purpose flour

Directions

Place all ingredients into a pot *except* the flour and butter. Bring to a boil, reduce heat and simmer for 10 minutes. Blend flour into the butter, then stir into the soup. Increase heat to medium and cook for 5 more minutes. Season with salt and pepper and serve.

