


# Stanley G. Falk School Breakfast K-12

# October

**#FalkForward**  
**Foodie**  
**Corner**  
 (Recipes, Facts and Fun)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pattern Requirements K-12</b> <i>(Weekly Minimums)</i> <b>Grains or M/MA Range = 9-10 G EQ</b> <b>(2 Grains or 2 M/MA, or 1 of each per day) 100% of grains offered are whole grain rich</b> <b>Fruit = 5 cups</b> <b>Milk = 5 cups</b>				
<b>4</b> WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>5</b> Yogurt & Cereal Bar Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>6</b> Cereal & Muffin Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>7</b> Egg & Cheese Bagel Sandwich Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>8</b> Mini Cinnis Fresh Fruit 100% Fruit Juice Non or Low Fat Milk
<b>10</b>  <b>No School</b>	<b>11</b> Cereal Bar & Muffin Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>12</b> Mini Waffles Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>13</b> Cereal & Yogurt Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>14</b> Egg & Cheese Bagel Sandwich Fresh Fruit 100% Fruit Juice Non or Low Fat Milk
<b>15</b> Mini Pancakes Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>16</b> Bagel & Toppings Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>17</b> WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>18</b> Cereal & Yogurt Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>19</b> Egg & Cheese Croissant Fresh Fruit 100% Fruit Juice Non or Low Fat Milk
<b>20</b> Yogurt & Cereal Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>21</b> Mini Cinnis Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>22</b> Mini Pancakes Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>23</b> Muffin & Cereal Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	<b>24</b> WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Non or Low Fat Milk

## Chocolate Chip PUMPKIN BAKED OATMEAL

### Ingredients

- 2 cup – oats, dry
- 1 cup –22 pumpkin, canned
- 1/4 cup – honey
- 1 1/2 teaspoon – pumpkin pie spice
- 1/2 cup, chopped – walnuts
- 1/4 cup – chocolate chips, dark

### Directions

Spray an 8x8-inch baking dish with cooking spray. Preheat oven to 350 degrees F.

Combine all ingredients in a mixing bowl; stir well.



Press into prepared baking dish.



Bake for 18-20 minutes until the top is golden and it is firm to the touch.

Let cool, and slice into bars.

Store in an airtight container for up to 3 days



## #FalkForward Fitness Zone

Classroom Energizers! What are they....?????

Classroom energizers activate the brain, improve on-task behavior and leave students more focused and ready to learn. There are many fun and creative ways to include fitness breaks in the daily schedule, and many resources are available to help schools get started.

- Check Out these sites for more information:
- Go Noodle: [www.gonoodle.com](http://www.gonoodle.com)
  - Energizing Brain Breaks: [energizingbrainbreaks.com](http://energizingbrainbreaks.com)
  - Brain Gym: [braingym.org](http://braingym.org)
  - Yoga Kids: [yogakids.com](http://yogakids.com)

