

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

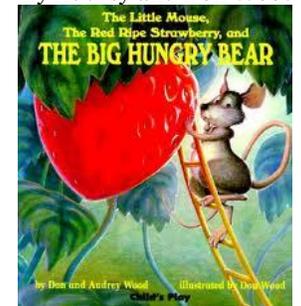
## Growing Minds Resource Corner



Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Homegrown Apple Slices</b>
4 <b>Move it Monday!!</b> 5 Squats	5 <b>Cauliflower Clouds</b> w/ ranch dipping cup	6 <b>Grapefruit Smiles</b>	7 <b>Cucumber Slices and Ranch Dip</b>	8 <b>Homegrown Green Apple</b>
11 <b>No School</b>	12 <b>Red Pepper Spears</b> w/ ranch dipping cup	13 <b>Honeydew Drops</b>	14 <b>Broccoli Trees</b> w/ ranch dipping cup	15 <b>Green Grapes</b>
18 <b>Move it Monday!!</b> 6 Side Stretches (3 on each side)	19 <b>Zucchini Spiral Salad</b>	20 <b>Fruit Salad</b>	21 <b>Green Pepper Slices</b> w/ ranch dipping cup	22 <b>Pineapple Chunks</b>
25 <b>Move it Monday!!</b> 10 Large & Small Arm Circles	26 <b>Grape Tomatoes w/ Ranch dip</b>	27 <b>Blood Oranges</b>	28 <b>Raspberry Bursts</b>	29  <b>Boo Berries</b>

## 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>

<https://kidshealth.org/en/parents/elementary-exercises.html>

### 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>



## #FalkForward Fresh Veggie Feature: Jicama

Jicama is a very common food in the south western United States. Inside it looks like a potato, is crispy like a firm pear, but it tastes sweet and starchy like an apple. It is delicious raw and makes a crunchy addition to any salad!!



Try it... You might love it!

## #FalkFunny:

Question: Why did the Apple Pie cry???

Answer: Its peelings were hurt!!