

Food Bytes

Crunch into OK Fruits & Veggies

Did you know it's Fruits & Veggies—More Matters™ Month? A perfect time to enjoy all the fruits and veggies grown in our state. Through the OK Farm to School Program schools can purchase apples, blueberries, broccoli, sweet potatoes, tomatoes and more to serve in school meals. Plan now to participate in the OK Crunch next month when students across the state will crunch into locally grown apples or other produce to celebrate Farm to School Month.

Nutrilink: Visit www.ncfarmtoschool.com for ideas to celebrate farm to school.

Do You Walk to School?

Kids all over the world will walk, bike or roll in a wheel chair to school on Walk to School Day October 10. Plan an event for your school. Here are some tips to help:

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Nutrilink: www.walkbiketoschool.org

Breakfast for September 2018

CANADIAN PUBLIC SCHOOLS

Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
NO SCHOOL	MINI PANCAKES, MAPL FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	SKILLET COLBY OMELE TOAST, 1 SLICE FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	CINNAMON ROLL FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	BISCUITS & GRAVY FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland
Monday, September 10	Tuesday, September 11	Wednesday, September 12	Thursday, September 13	Friday, September 14
BREAKFAST STICK SYRUP FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	MINI POWDERED DON FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	SAUSAGE BISCUIT FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	SCRAMBLED EGGS PA TOAST, 1 SLICE FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	
Monday, September 17	Tuesday, September 18	Wednesday, September 19	Thursday, September 20	Friday, September 21
BREAKFAST PIZZA-SA FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	MINI CHOCOLATE DON FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	BACON & CHEESE EGG TOAST, 1 SLICE FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	YOGURT PARFAIT JUICE-VARIETY MILK-VARIETY Hiland	DUTCH WAFFLE FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland
Monday, September 24	Tuesday, September 25	Wednesday, September 26	Thursday, September 27	Friday, September 28
SAUSAGE BISCUIT FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	MINI PANCAKES, MAPL FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	SKILLET COLBY OMELE TOAST, 1 SLICE FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	CINNAMON ROLL FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland	BISCUITS & GRAVY FRUIT VARIETY 1/2 CU JUICE-VARIETY MILK-VARIETY Hiland
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September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month