

Fresh Ideas for Breakfast

November 1 - 30, 2011

Monday	Tuesday	Wednesday	Thursday	Friday
All Fresh Ideas menus are subject to change due to product shortage or program needs.	1 French Toast Yogurt Fresh Fruit Milk	2 Breakfast Rice with Turkey Sausage Fresh Fruit Milk	3 Biscuit Egg Patty Fresh Fruit Milk	4 Granola Bar Yogurt Fresh Fruit Milk
7 Breakfast Potatoes with Turkey Sausage Fresh Fruit Milk	8 Cereal Fruit Muffin Fresh Fruit Milk	9 Pancake Wrapped Turkey Sausage on a Stick Fresh Fruit Milk	10 Croissant Turkey Sausage Fresh Fruit Milk	11 NO MEAL SERVED
14 Yogurt Granola Bar Fresh Fruit Milk	15 Biscuit Turkey Sausage Fresh Fruit Milk	16 French Toast Egg Patty Fresh Fruit Milk	17 Breakfast Burrito Fresh Fruit Milk	18 Graham Crackers Bagel Fresh Fruit Milk
21 Cereal Fruit Muffin Fresh Fruit Milk	22 Croissant Turkey Sausage Fresh Fruit Milk	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 Pancake Wrapped Turkey Sausage on a Stick Fresh Fruit Milk	29 Yogurt Granola Bar Fresh Fruit Milk	30 Cereal Fruit Muffin Fresh Fruit Milk		

FRESH IDEAS HEALTH CORNER

Veggie of the Month....

PUMPKINS

- Pumpkins are members of the vine crops family called cucurbits.
- Pumpkins contain potassium and Vitamin A
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds.

CEREAL TREATS

1/4 cup margarine or butter
 1 package (10 oz.) marshmallows
 2 Tablespoons orange-flavored gelatin
 6 cups crisp rice cereal
 1/2 cup candy corn

Combine margarine and marshmallows in 2-quart glass bowl. Microwave (high), uncovered, 2 1/2 to 3 minutes or until marshmallows are puffed. Add orange gelatin; mix until combined. Stir in cereal until well coated. Mix in candy corn. Cool enough to handle.

With buttered hands, form mixture into 24 balls. Place on waxed paper until cool. Wrap tightly in plastic wrap for storage. Mixture can be pressed into greased 13x9-inch baking pan and cut into squares for serving.

The Best Light Pumpkin Pie

This pie saves 100 calories/slice from the traditional version and tastes identical!

1 cup ginger snaps (about 16 cookies)
 16 oz can pumpkin
 1/2 cup egg whites (about 4)
 1/2 cup sugar
 2 tsp pumpkin pie spice (1.25 tsp cinnamon, 1/2 tsp ginger, 1/4 tsp cloves)
 12 oz can evaporated skim milk

Preheat the oven to 350°. Grind the cookies in a food processor. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the bottom of the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Store in the refrigerator. Allow to cool and slice in 8 wedges.

Pumpkin Pie Calorie Facts:

- Store-bought pumpkin pie: About 260-290 calories per slice
- Cut this pie in 6 instead of 8: Increase to 202 calories per slice
- Cut this pie in 10 instead of 8: Decrease to 120 calories per slice
- Add light whipped cream from the can: 15 calories per 2 tablespoons

Ask the Dietitian!

Be sure to email your questions or concerns to: askthedietitian@freshideasfood.com

Fresh Ideas for Lunch

November 1 - 30, 2011

Monday	Tuesday	Wednesday	Thursday	Friday
All Fresh Ideas menus are subject to change due to product shortage or program needs.	1 Crispito Winter Mix Fruit Milk	2 Hamburger Tater Tots Fruit Milk	3 Mostaccioli Mix Vegetable Fruit Milk	4 Turkey Dog Steamed Carrots Fruit Milk
7 Taco Salad Fruit Milk	8 Sloppy Joe Corn Fruit Milk	9 Chicken Nuggets Mash Potato Fruit Milk	10 Nacho Fire & Ice Salad Fruit Milk	11 Bosco Stick with/ Marinara Sauce Salad Fruit Milk
14 Chicken Sandwich Mix Vegetable Fruit Milk	15 Mac & Cheese California Blend Fruit Milk	16 Chicken Stir-Fry with Stir-Fry Veg Fruit Milk	17 Mini Corn Dog Steamed Carrot Fruit Milk	18 Spaghetti Green Bean Fruit Milk
21 Beef Stroganoff Salad Fruit Milk	22 Turkey and Cheese Sandwich Fresh Carrots Fruit Milk	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 Cheese Burger Tater Tot Fruit Milk	29 Meatball Sandwich Italian Mix Vegetable Fruit Milk	30 Spanish Rice with Chicken Corn Fruit Milk		
				