



# THE MONTHLY NEWS

## Food Services Department



Exeter Township School District

[www.exeter.k12.pa.us](http://www.exeter.k12.pa.us)

# OCTOBER 2018

## The Colors of Fall: Red, Orange, and Yellow Produce

The bright colors of red, orange, and yellow fruits and vegetables provide many health benefits:

- Antioxidants, which fight damaging inflammation in the body
- Vitamin C, which supports and strengthens the immune system
- Vitamin A, which supports eyesight, the immune system, and bone and skin health
- May play a role in preventing certain cancers, reducing the risk of heart disease, and regulating blood sugar

Examples: tomatoes, watermelon, pink grapefruit, guava, cranberries, carrots, mangos, cantaloupe, winter squash, sweet potatoes, pumpkins, apricots

Add more color to your diet with red, orange, and yellow fruits and vegetables!

*From Today's Dietitian*



## Monthly Fun Recipe



Pumpkin Spice Muffins  
Makes 18 muffins

Ingredients:  
2 cups whole wheat flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
2 teaspoons ground nutmeg  
2 eggs, beaten  
1 cup pumpkin puree  
1/4 cup white sugar  
2 cups unsweetened applesauce  
2 tablespoons vegetable oil

Directions:  
1. Preheat the oven to 350 °F (175 °C). In a medium bowl, mix together flour, baking powder, baking soda, cinnamon and nutmeg; set aside.  
2. In a large bowl, combine eggs, pumpkin, sugar, applesauce, and vegetable oil. Slowly add the flour mixture to the large bowl until just blended. Do not over beat. Pour the batter into 18 nonstick muffin cups.  
3. Bake for 25 to 30 minutes. Remove muffins from the oven, and let cool slightly. Remove the muffins from the pan, and let cool completely.

*Adapted from Allrecipes.com*

With fall sports in full swing, try these after-school snacks for refueling before practice or a game:

- 6 oz. of yogurt with fruit or yogurt in a tube
  - Low-fat string cheese with mini pretzels
  - Turkey and cheese on a whole-grain wrap
  - Trail mix with dried fruit
  - Peanut butter crackers
- \*Remember to stay hydrated!

*From The Academy of Nutrition and Dietetics*

## Save Money & Eat Well: Fall Seasonal Produce

Apples  
Pears  
Grapes  
Kale  
Lettuce  
Peppers  
Potatoes  
Broccoli  
Cauliflower  
Mushrooms  
Sweet Potatoes  
Spinach  
Squash  
Beets  
Cucumbers



## Fun Facts – October Food Holidays

- 1<sup>st</sup> – National Pumpkin Spice Day
- 4<sup>th</sup> – National Taco Day
- 6<sup>th</sup> – National Noodle Day
- 9<sup>th</sup> – National Hoagie Day
- 12<sup>th</sup> – National Gumbo Day
- 14<sup>th</sup> – National Dessert Day
- 18<sup>th</sup> – National Chocolate Cupcake Day
- 23<sup>rd</sup> – National Boston Crème Pie Day
- 26<sup>th</sup> – National Pumpkin Day
- 27<sup>th</sup> – National Potato Day
- 29<sup>th</sup> – National Oatmeal Day