



MASCHIO'S FOOD SERVICES

"Healthy Meals Grow Healthy Kids"

OCTOBER 2010

Did you know?

OCTOBER is the month to celebrate:
Halloween, World Vegetarian Day,
Smile Day, World Food Day
National Popcorn Poppin' Day, and
National Chili Month

Fun Ideas for a Halloween Party

-Carve pumpkins into spooky or silly designs and then take the pumpkin seeds and roast them for a nutritious and delicious snack!

-Get-up and go activities including:

Ghost sack races, best costume, pin the nose on the witch, and bobbing for apples!

-Serve healthy treats including: Vampire Blood (100% juice fruit punch), Apples with caramel or yogurt dip, Monster Fingers (carrots upright in dip), Spooky Sandwich Bites on Wheat Bread (use Halloween shaped cookie cutters to make fun sandwiches), Alien Eye Balls (peeled grapes).

-Fun prizes:

- Temporary tattoos or stickers
- Small plastic spiders or ghosts
- Super bouncy balls
- Colorful pencils, erasers, or pencil toppers
- Spooky plastic rings or false teeth
- Bracelets or hair accessories

A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!

Fill in the Blanks

Pumpkin seeds are most nutritious when eaten _____.

When a grape is dried it is called a _____.

_____ are carved into spooky or funny faces for Halloween!

Answers: Raw, raisin, pumpkins

Healthy Pumpkin Muffins

Makes 12 Muffins

Preheat oven to 375 degrees.

Sift together:

1 3/4 cups whole wheat pastry flour (or half whole wheat and half all purpose flour)

3/4 teaspoon salt

1/2 cup sugar

2 teaspoons baking powder

1 teaspoon cinnamon

1/2 teaspoon nutmeg

Beat in a separate bowl:

2 eggs

Add to the eggs:

2 tablespoons vegetable oil

3/4 cup low-fat milk

1 cup canned pumpkin

Optional topping

2 tablespoons brown sugar

2 tablespoons oatmeal

Combine the wet and dry ingredients with a few swift strokes (don't over mix).

Fill greased muffin cups two-thirds of the way full

Stir together topping ingredients and sprinkle over muffins. Bake for 20 to 25 minutes.

ENJOY!

FRUIT OF THE MONTH

Grapes



VEGETABLE OF THE MONTH



Pumpkin

Roasting Pumpkin Seeds 101

1. Rinse all the pumpkin guts from the seeds, then pat them dry
2. Spray a baking sheet with nonstick cooking spray
3. Spread onto a baking pan in a single layer and bake in a 350 degree oven for about 15 minutes or until they are light, golden brown, stirring occasionally to make sure they are evenly roasted. Let them cool, then crack them open and enjoy!

Healthy Facts

Grapes are loaded with antioxidants, minerals and fiber!

Pumpkin seeds are most nutritious when eaten raw and are good source of protein, vitamin K, zinc, and magnesium.