




October 2007

	Mon	Tue	Wed	Thu	Fri	Sat
Break fast Quick Tips	1 Make more than enough pancakes and/or waffles. Freeze the leftovers to toast later	2 Cereal with milk topped with bananas, strawberries or raisins	3 Whole wheat toast with peanut butter and jam and a glass of juice	4 Orange wedges, waffles & milk	5 Yogurt blended with fruit and a splash of milk make a filling healthy drinkable treat	
Snack Ideas	8  8 Mix together pretzels, yogurt covered raisins, Nuts, craisins, etc. for	9 9 Mix together pretzels, yogurt covered raisins, Nuts, craisins, etc. for	10 10 Freeze fresh fruit and pull out for a snack at lunch or after school	11 11 Have raw veggies cut up for a quick healthy snack	12 12 Mix cream cheese with raisins and a dash of honey to spread on graham crackers	
Lunch Techniques Not the Same old Sandwich!	15 WRAP IT UP 15 Roast beef, flavored cream cheese, carrots, shredded cheese and lettuce rolled in a tortilla	16 BUNWICH 16 Spread mustard on a piece of ham, top with a slice of cheese, roll together, into a hotdog bun	17 RICE CAKES 17 Try tuna salad or cream cheese. Store in a different container so rice cakes don't get soggy.	18 THERMOS THURSDAYS 18 Hot soup/Chili is a nice treat on a cool day	19 LAST NIGHT LEFT OVERS 19 Put a serving of last night's supper into a plastic container with a fork.	
Tips	22 Write a riddle or a little message on the peel of a banana	23 Rig up some stickers or other prizes with your child's veggies	24 Eating breakfast promotes proper growth and maximizes school performances too!!	25 Pack school bags at night. It will give you more time in the morning to eat and anything else you tend to miss	26 Freeze your juice box, by the time you get to school it should be like a slushy.	
	29 Dipping is Fun!!	30 Get a good night sleep, tomorrow is Halloween!!	31 