

## Mark Your Calendars

- October 1 World Vegetarian Day
- October 8 World Egg Day
- October 12 National Pumpkin Pie Day
- October 22 National Nut Day
- October 28 National Chocolate Day
- October 31 Halloween!



On World Vegetarian Day try to make and enjoy a vegetarian meal!

## Healthy Apple Pie Smoothie

### Ingredients:

- 1/2 cup vanilla almond milk
- 1 tsp vanilla extract
- 1/2 apple (diced)
- 2 cups ice
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ginger
- 1/8 tsp salt
- Whipped cream for garnish



### Directions:

1. Combine all ingredients except whipped cream in a blender and mix until smooth.
2. Garnish with whipped cream and a sprinkle of cinnamon and serve.
3. Enjoy for a delicious after-school snack!

For a more detailed recipe visit

<https://www.theseasonedmom.com/apple-pie-smoothie/>



Do you have questions or comments about our menus? Please call us at (973) 598-0005 to speak to one of our registered dietitian nutritionists or email us at

[comments@maschiofood.com](mailto:comments@maschiofood.com)

## National School Lunch Week October 11-15 "Get WILD about School Lunch"



National School Lunch Week (NSLW) was created in 1962 by President John F. Kennedy to promote the importance of a healthy school lunch and the impact it has inside and outside of the classroom. The USDA and National School Lunch Program lunches are carefully designed to meet specific nutritional needs of students. Students who eat full, nutritious school meals have proven academic and behavioral benefits. Some

academic benefits include improved cognitive functions, higher test scores and better attention spans. Children's behavior is also proven to be positively changed with better classroom behavior, fewer absences and overall improved moods. **WILD About School Lunch** invites creative and fun new menu offerings while appealing to the popularity of animals and nature. Maschio's ALWAYS offers an array of fresh fruit and vegetables. It is important to incorporate foods of all colors to our plates. This week, try a fruit and vegetable that your favorite animal might eat or match a food item on your tray to your favorite animal color!

Please join us in getting **WILD** about school lunch!

<https://schoolnutrition.org/>

## 3 TIPS FOR A HEALTHIER HALLOWEEN



1. Hand out healthier treats. Some examples might be granola bars or pretzels.
2. Eat a nutritious meal before going trick-or-treating, this will help with the amount of candy children will want to eat while out and about.
3. Eat a piece of candy with a glass of milk or apple slices to add some additional nutrition with the treat.

<https://food.unl.edu/>