

Monday	Tuesday	Wednesday	Thursday	Friday
29 Kix Cereal Banana 1% Milk Fish Sticks w/Ketchup Brown Rice Pineapple Salad Greens w/Ranch 1% Milk Graham Crackers Diced Pears	30 English Muffin w/jelly 1% Milk Clementine Taco Casserole W.G. Dinner Roll w/butter Roasted Cauliflower Kiwi & 1% Milk Yogurt Goldfish Crackers	1 Scrambled Eggs Mandarin Oranges 1% Milk Chicken Noodle Soup Saltine Crackers W.W. Bread w/butter Cucumbers w/Ranch Pear Wedges & 1% Milk Chex Mix & Diced Peaches	2 French Toast Sticks Apple Wedges & 1% Milk Spaghetti w/meat sauce W.G. Breadstick Roasted Brussel Sprouts Fruit Variety 1% Milk Banana Veggie Sticks w/Ranch	3 No School <div>October 2025</div>
6 Frosted Mini Spooners Diced Pears & 1% Milk Cheeseburger on a Bun French Fries w/ketchup Mandarin Oranges 1% Milk W.W. Toast w/jelly Strawberries	7 Cinnamon Swirl Toast Berries 1% Milk White Chicken Chili Sugar snap peas W.G. dinner roll Grapes & 1% Milk Pretzel sticks Kiwi	8 Breakfast Pizza Grapefruit & 1% Milk Beef Stroganoff W.G. Breadstick Steamed Broccoli Diced Peaches 1% Milk Orange/Strawberry Julius Crackers	9 Pancakes w/Blueberry Syrup w/1% Milk Apple Wedges W.W. Sunbutter/Jelly Sandwich Boiled Egg Veggie Tray w/Ranch Fruit Variety & 1% Milk W.G. Sweet Potato Bites Clementine	10 No School
13 Native American Day OCD Closed for Holiday	14 Biscuits Banana 1% Milk Lasagna Casserole W.G. Breadstick Corn Orange Slices 1% Milk Fruit and Yogurt Parfait	15 Breakfast burritos Salsa/Sour Cream/Guacamole Kiwi & 1% Milk Chicken Drummies W.W. Bread w/butter Peas Apple Wedges & 1% Milk Snack Mix Pineapple	16 Waffles w/ Syrup 1% Milk & Clementine Chili w/crackers & cheese W.G. Corn Bread Baby Carrots w/Ranch Grapes 1% Milk Broccoli/Cauliflower w/Ranch Goldfish Crackers	17 Pumpkin Muffins Clementine & 1% Milk W.G. Chicken Sandwich Ketchup Roasted Beets Fruit Variety 1% Milk Crackers Apple Wedges
20 Crispix & Orange Wedges 1% Milk Chicken Nuggets Ketchup/BBQ Sauce Brown Rice/Quinoa Bell Peppers w/Ranch Diced Pears & 1% Milk Pretzels Clementine	21 Bagels w/dip Berries & 1% Milk W.W. Ground Beef Tacos Shredded Cheese Diced tomatoes/Greens Salsa/Sour Cream Apple Wedges 1% Milk Banana Bread & Kiwi	22 Egg bake Strawberries & 1% Milk W.W. Turkey/Cheese Sandwich Cucumbers w/Ranch Diced Peaches 1% Milk English Muffin w/jelly Pear Wedges	23 Blueberry Muffins Applesauce & 1% Milk Scrambled Eggs W.W. Toast Roasted Potatoes Grapes 1% Milk Banana & Goldfish	24 No School
27 Rice Krispies w/1% Milk & Clementine Turkey/Cheese Wrap on W.G. tortilla Carrot Chips w/Ranch Apple Wedges 1% Milk Graham Crackers banana	28 W.W. Toast w/Jelly Berries & 1% Milk Hamburger Soup Crackers Grapes W.G. Breadstick Salad 1% Milk Pickle & Goldfish Crackers	29 W.G. Cheese Quesadillas 1% Milk & Orange Wedges Ham Mashed Sweet Potatoes Pineapple W.G. Dinner Roll w/butter 1% Milk Strawberries Zucchini Bread	30 Fruit and Yogurt Parfait Diced Peaches & 1% Milk Chicken Lo Mein W.W. Bread w/butter Cucumbers w/Ranch Mandarin Oranges 1% Milk Cinnamon/Sugar Roll Up Pear Wedges	31 Apple Cinnamon Oatmeal 1% Milk & Clementine Taco Casserole W.G. Dinner Roll w/butter Roasted Cauliflower Fruit Variety & 1% Milk Cheese and Crackers

Harvest of the Month Plums

October Fruit of the Month: Plum

What tangy and delicious fruit is related to a cherry and peach? It's a plum! Plums come in a wide range of colors from yellow to white or green to red. But red is the variety you see most often. Despite the color differences, all plums are nutritious and packed with benefits. They help fight disease, signs of aging, help regulate digestion, and so much more! Keep reading to learn all about plums and how to incorporate them into your diet.

A Plum is a Good Source of:

- **Vitamin C**—a powerful antioxidant for your immune system
- **Vitamin A**—for cell health
- **Fiber**—great for liver and digestive health
- **Antioxidants**—improves heart and eye health
- **Vitamin K**—aiding bone, heart, and brain health

Did You Know?

- Dried plums are called prunes!
- Plums may have been one of the first fruits widely eaten by humans.
- In 1881, Luther Burbank, an American botanist, horticulturist, and pioneer in agricultural science, brought twelve plum seeds back from Japan. Now almost all plums grown in the United States are related to those seeds.

How to Choose and Store Plums

When buying plums, choose plump plums with smooth skins. Make sure to avoid bruises and soft spots! Store unripe plums in a paper bag until they're ripe, then refrigerate them. You know they're ready to eat when the plum softens when you apply gentle pressure.

Tips to Get Children to Eat Plums

- Add plums to a fun, healthy kabob!
- Mix dried plums in their favorite trail mix.
- To a leafy green salad with slices of plum and other delicious fruits.
- Blend into a healthy smoothie!

Ways to Prepare Plums

- Raw
- Baked
- Poached
- Pureed
- Dried

Let's Get Cooking

Plum Sauce

Ingredients

- 12 ounces canned plums in heavy syrup
- ½ cup reserved juice from canned plums
- 3 tablespoons white vinegar
- 1 teaspoon brown sugar
- A pinch of ground ginger
- 3 tablespoons water

Directions

1. Remove plums from the syrup, cut in half, remove pits, and chop into pieces.
2. Combine plums and all remaining ingredients in a small saucepan. Bring to a boil, then reduce heat and simmer for about 30 minutes, stirring occasionally.
3. Plums will fall apart and the sauce will start to get thick.
4. Serve over 6–6 servings of pork chops, chicken breast, or meatloaf.
5. Leftovers may be stored in the fridge.

To learn how to can, freeze, or dry plums for longer keeping, visit SDSU Extension's *Preserve It* fact sheet!

Fact Check: SDSU Extension, Dr. Axe