



# Nutrition News

## October 2019



### National School Lunch Week Oct. 14-18

(or 1st full week of October)

#### Parents, did you know?

Today's school lunches meet strict nutrition standards from the Healthy Hunger Free Kids Act 2010, including limits on calories, sodium, and unhealthy fats. School lunch provides 1/3 or more of the recommended levels for key nutrients. Children participating in school meals are more likely to eat fruits, vegetables, and milk.

**Look for special menu days on your school lunch menus with National School Lunch Week!**

#### Interesting Facts about Spaghetti Squash

Spaghetti Squash is available year round, peak season is early fall through winter. When cooked the flesh can be separated with a fork to resemble angel hair pasta. It is low calorie and high fiber, which helps aid weight loss, and is a great alternative to pasta. Spaghetti squash is rich in Vitamin A & C, potassium, and calcium.



### Cheesy Baked Spaghetti Squash Recipe

#### Ingredients:

- |                             |                         |
|-----------------------------|-------------------------|
| 1 Spaghetti Squash (medium) | 1 Tbsp Olive Oil        |
| 1 Cup Marinara Sauce        | 1 tsp Garlic Powder     |
| 1 Cup Shredded Mozzarella   | 1 tsp Italian Seasoning |
| 1 Tbsp Parmesan Cheese      | Salt & Pepper to Taste  |

\*May need to adjust some ingredients depending on size of squash.

#### Instructions:

1. Preheat oven to 375°F. Line a baking sheet with foil and spray with cooking spray.
2. Cut spaghetti squash in half lengthwise. Scoop out seeds with a spoon. Brush insides with olive oil and sprinkle with seasonings. Bake for 45 min.
3. Remove from oven and allow to cool slightly. Take a fork and shred the spaghetti squash strands from shell. Mix in marinara sauce, 1/2 cup for each half. Top with mozzarella cheese.
4. Bake for about 8-10 more minutes or until cheese is melted



### What's in Season?

Apples, Bell peppers, Cabbage, Cauliflower, Corn, Cucumbers, Eggplant, Garlic, Grapes, Greens, Horseradish, Lettuce, Okra, Onions, Peas, Plums, Potatoes, Pumpkin, Radishes, Rhubarb, Spinach, Squash, Sweet Potatoes, Tomatoes, Turnips.



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Name: \_\_\_\_\_

Date: \_\_\_\_\_

# RISE & SHINE



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# BREAKFAST MATH



## What do you get from a pampered cow?

Solve to find the answers, then match the corresponding letters to the answers at the bottom of the page to solve the riddle.

**L**  $6 - 10 + 4 =$

**K**  $10 - 8 + 9 =$

**M**  $3 - 11 + 4 =$

**L**  $5 - 12 \div 6 =$

**O**  $10 + 12 \div 6 =$

**I**  $6 - 11 \times 6 =$

**P**  $19 + 9 - 12 =$

**I**  $10 - 9 + 6 =$

**S**  $-9 - 1 + 2 =$

**E**  $3 + 9 - 7 =$

**D**  $1 + 9 - 9 =$

○ ○ ○ ○ ○ ○ ○  
10 16 12 -60 3 5 1

○ ○ ○ ○ !  
-4 7 0 11

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# BREAKFAST MATH



## What do you get from a pampered cow?

Solve to find the answers, then match the corresponding letters to the answers at the bottom of the page to solve the riddle.

**L**  $6 - 10 + 4 = 0$

**K**  $10 - 8 + 9 = 11$

**M**  $3 - 11 + 4 = -4$

**L**  $5 - 12 \div 6 = 3$

**O**  $10 + 12 \div 6 = 12$

**I**  $6 - 11 \times 6 = -60$

**P**  $19 + 9 - 12 = 16$

**I**  $10 - 9 + 6 = 7$

**S**  $-9 - 1 + 2 = 10$

**E**  $3 + 9 - 7 = 5$

**D**  $1 + 9 - 9 = 1$

**S** **P** **O** **I** **L** **E** **D**      **M** **I** **L** **K** !  
10   16   12   -60   3   5   1      -4   7   0   11