

Families Making the Connection

Eating in Season: Get the Most Flavor for Your Money

In-season produce is economical. When produce is in season, it is plentiful and less expensive than at other times of the year.

In-season produce is in its prime. Fruits and vegetables tend to be tastier and at the peak of their flavor potential.

In-season produce is a smart choice. Fruits and vegetables at their peak have optimal nutritional value. Eating in season also encourages a diverse diet, meaning balanced nutrition overall.

Getting Started:

- Build the produce portion of your shopping list based on what's in season. Go to www.ncagr.gov/markets/availabilitychart.pdf to learn about what's in season in North Carolina.
- Check out a local farmers market.
- Pick your own at local farms.
- Grow your own.
- Stock and store! If you have extra produce in season, freeze or can it for your family to enjoy throughout the year.
- Experiment with a seasonal recipe.
- Try a new in-season fruit or vegetable. The time is right!

September

- Fruits & Veggies—More Matters™ Month
- Mushroom Month
- Potato Month
- Better Breakfast Month
- Whole Grains Month
- Rice Month
- Chicken Month



Menus for September 2010

Families Eating Smart and Moving More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breastfeed your baby.

By promoting good nutrition in the places where our children eat – at home and at school – we can have a greater impact on their health. Encourage your



Moore County Schools -Elementary

Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
	Pop Tart Yogurt & Graham Assorted Cereals Breakfast Juice Milk Corndog Nuggets 1/2 Cup Baked Beans 1/2 Cup Pears Milk Ketchup, Mustard	Muffin Yogurt & Graham Assorted Cereals Breakfast Juice Milk 1 Cup Mac & Cheese 1/2 Cup Green Beans 1/2 Cup Applesauce Milk	Pancake on a Stick Yogurt & Graham Assorted Cereals Breakfast Juice Milk (Early Release) Pizza 1/2 Cup Whole Kernel Corn 1/2 Cup Peaches Milk	Chicken Biscuit Yogurt & Graham Assorted Cereals Breakfast Juice Milk Hamburger w/Cheese 1/2 Cup Potato Wedges 1/4 Cup Pickles 1/2 Cup Strawberry Slushy Milk Ketchup, Mustard, Mayo
Wednesday, September 1	Thursday, September 2	Friday, September 3		
Pancake on a Stick Yogurt & Graham Assorted Cereals Breakfast Juice Milk Teriyaki Beef Bites 1/2 Cup Steam Rice 1/2 Cup Oriental Vegetables 1/2 Cup Mandarin Oranges Milk Soy Sauce	Super Donut Yogurt & Graham Assorted Cereals Breakfast Juice Milk Chicken Nuggets w Roll 1/2 Cup Mashed Potatoes w Gravy 1/2 Cup Green Beans Milk Ketchup, Ranch	Sausage Biscuit Yogurt & Graham Assorted Cereals Breakfast Juice Milk Pizza 1/2 Cup Whole Kernel Corn 1/2 Cup Peaches Milk		

Fit Foundations

Pizza with Fresh Tomatoes and Arugula

Makes 4 servings

Serving size: 1/4 pizza

Ingredients

- 1/4 cup coarsely chopped walnuts
- 2 teaspoons olive oil, divided
- 1 cup thinly sliced red onion
- 1 (8-ounce) whole-wheat pizza crust
- 1 cup grape tomatoes, halved
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 ounces goat cheese, sliced*
- 3/4 cup loosely packed baby arugula*

Directions

1. Preheat oven to 450° F.
2. Toast walnuts on a baking sheet 3–4 minutes or until lightly browned. Transfer immediately to a plate. Let cool.
3. Heat 1 teaspoon of oil in a nonstick skillet over medium heat. Add onion. Cook, stirring occasionally, 6–8 minutes or until the onion is soft and golden.
4. Place the pizza crust on a baking sheet coated with cooking spray. Top with walnuts, onion and tomatoes. Season with salt and pepper. Arrange cheese on top.
5. Bake for 7 minutes or until crust is golden, crisp, and warmed through. Scatter arugula on top, and drizzle with remaining oil. Let cool slightly before cutting into wedges.

* Shredded fontina or part-skim mozzarella can be substituted for the goat cheese. Spinach can be substituted for the arugula.



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www.ncdhhs.gov • www.nutrition.nc.gov

Sources: www.ncagr.gov, www.myrecipes.com

Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
<p>Pop Tart Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Hotdog w Chili 1/2 Cup Baked Beans 1/2 Cup Pears Milk</p> <p>Ketchup, Mustard</p>	<p>Muffin Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Cheesy Chicken Noodle 1/2 Cup Green Beans 1/2 Cup Applesauce Milk</p>	<p>Pancake on a Stick Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Spaghetti 1/2 Cup Tossed Salad Banana School Baked Roll Milk</p> <p>Assorted Salad Dressing</p>	<p>Super Donut Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Flip Flop Turkey Ham Sandwich 1/4 Cup Pickles 1/2 Cup Grapes Sunchip 1 oz bag Milk</p> <p>Mayo, Mustard</p>	<p>Sausage Biscuit Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Pizza 1/2 Cup Tossed Salad 1/2 Cup Tropical Fruit Milk</p> <p>Assorted Salad Dressing</p>
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
<p>Pop Tart Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Hamburger w/Cheese 1/2 Cup Potato Wedges 1/4 Cup Pickles 1/2 Cup Strawberry Slushy Milk</p> <p>Ketchup, Mustard, Mayo</p>	<p>Muffin Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>1 Cup Macaroni & Cheese 1/2 Cup Green Beans 1/2 Cup Applesauce Milk</p>	<p>Pancake on a Stick Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Soft Taco 1/2 Cup Tossed Salad 1/2 Cup Pintos 1/4 Cup Salsa 1/2 Cup Pineapple Milk</p> <p>Taco Sauce</p>	<p>Super Donut Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Turkey Roast 1/2 Cup Baked NC Sweet Potato 1/2 Cup Hot Apple Cobbler School Baked Roll Milk</p>	<p>Chicken Biscuit Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Pizza 1/2 Cup Tossed Salad 1/2 Cup Tropical Fruit Milk</p> <p>Assorted Salad Dressing</p>
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	
<p>Pop Tart Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Hotdog w Chili 1/2 Cup Baked Beans 1/2 Cup Pears Milk</p> <p>Ketchup, Mustard</p>	<p>Muffin Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Cheesy Chicken Noodle 1/2 Cup Green Beans 1/2 Cup Applesauce Milk</p>	<p>Pancake on a Stick Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Spaghetti 1/2 Cup Tossed Salad Banana School Baked Roll Milk</p> <p>Assorted Salad Dressing</p>	<p>Super Donut Yogurt & Graham Assorted Cereals Breakfast Juice Milk</p> <p>Flip Flop Turkey Ham Sandwich 1/4 Cup Pickles 1/2 Cup Grapes Sunchip 1 oz bag Milk</p> <p>Mayo, Mustard</p>	