

# OCTOBER EVENTS

## *National School Lunch Week October 12-16, 2009*

---

National School Lunch Week was started by JFK in 1963 to celebrate the importance of school lunch.

Just how important is school lunch? The National School Lunch Program offers balanced meals that provide more fruits and vegetables and less fat than the average bag lunch brought from home! In addition, school lunches provide 1/3 of the Recommended Dietary Allowance (RDA) for protein, calories, calcium, vitamin A, vitamin C and iron.

The nutritious school lunch's help children stay healthy, get good grades and have enough energy to play sports and engage in other physical activities.

The Food and Nutrition Services employees at D-11 schools work hard to make sure that our students receive nutritious and tasty lunches. Be sure to check out all of the fun menu items that will be featured October 12<sup>th</sup> to 15<sup>th</sup> at each D-11 school.

For more information about National School Lunch Week, please visit the following website: <http://docs.schoolnutrition.org/meetingsandevents/nslw2009>



# HEALTHY RECIPES

## Featuring October's Harvest of the Month: Spinach

### Turkey and Spinach Wraps

**Serves 8**

#### **Ingredients**

1 package of light cream cheese  
8 whole wheat tortillas  
5 oz. spinach leaves, trimmed  
1 lb. thickly sliced lean deli turkey  
1 jar of salsa

#### **Directions**

Spread cream cheese on tortillas. Put some spinach on the tortilla. Put turkey on top of spinach. Drizzle on some salsa and roll up the tortilla.

Source: [www.spinachrecipes.org](http://www.spinachrecipes.org)



### Spinach Pesto

Makes 1 to 1 1/2 cups

#### **Ingredients**

2 med. garlic cloves  
1 1/4 c. fresh basil (about 1 med. bunch)  
1 c. fresh spinach  
1/4 c. parsley  
3 tbsp. pine nuts  
1/2 c. olive oil  
1/4 tsp. black pepper  
1/2 c. freshly grated Parmesan cheese (optional)

#### **Directions**

In a food processor fitted with a steel blade, process the garlic cloves until pureed. Add the basil, spinach and parsley and process until finely chopped. Add the pine nuts; finely chop. With the blades turning, slowly pour in the olive oil in a fine stream and process until the oil is absorbed. Add the pepper. If using Parmesan, add it just before using.

Source: [www.cooks.com](http://www.cooks.com)