

Dear Parents,

October is Farm to School Month. Farm to School month was created by Congress in 2010 and is celebrated in all 50 states, DC, and US territories. To celebrate, the cafeteria will be serving Honeycrisp Apples from Solebury Orchard and Pumpkins from Dagele Brothers Produce. Your students can enjoy our Roasted Pumpkin with Ancient Grains on October 21 and Sautéed Honeycrisp Apples on October 8 featuring local produce.

Pumpkins, which many enjoy carving, are tasty and nutritious too! Pumpkins contain more fiber than kale, are full of iron, and contain heart-healthy magnesium. Plus, pumpkin is loaded with Vitamin A, containing 245% of the recommended dietary allowance. This is key for healthy vision, proper cell growth, and a strong immune system. Everyone knows that apples are good for you, but did you know that unpeeled apples have twice the fiber and are richer in antioxidants than peeled? So keep the skin on! 😊

October lunch menus are available online. Please visit <http://paramus.pomptonianmenus.com/orders> to place an order by credit card no later than 8:00 AM the same day.

Pomptonian is pleased to be your school's food service provider, and we appreciate your comments and suggestions. You can reach us at comments@pomptonian.com.

