



October 2017

Dos Rios School

Mrs. Dowling-Garrott , Principal

School Office (623) 474-7000

Nurse (623) 474-7022

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2. Cinnamon Bun Grape Juice Applesauce	3. Choco Donut Cheese Stick CranRasp Juice Sliced Apples	4. Bagel w/ Cream Cheese Fresh Grapes Apple Juice	5. Banana Chunk Bar Orange Juice Chewy Raisins	6. French Toast Fruit Juice Mixed Fruit
Meatball Sub French Fries Fruit & Veggie Bar	Popcorn Chkn Bowl Fruit & Veggie Bar	Brunch for Lunch	BBQ Rib Sandwich Corn on Cob Fruit & Veggie Bar	Hot Dog Baked Beans Mix Veg Cup Fresh Fruit
9. Asst. Cereal Cheddar Cheese Grape Juice Mixed Fruit	10. Early Release Waffles Fresh Grapes Apple Juice	11. Early Release Fruit Frudel CranRasp Juice Sliced Apples	12. Blueberry Muffin Applesauce Orange Juice	13. Breakfast Burrito Fruit Juice Craisins
Chkn Nuggets French Fry Fruit & Veggie Bar	Bean Burrito Sack Lunch	PBJ Sack Lunch	Green Chili w. Tortilla Fruit & Veggie Bar	Pepperoni Pizza Garden Salad Fresh Fruit
16.	17.	18.	19.	20.
Enjoy!	No	School	Fall	Break
23. Cinni-Mini Fresh Fruit Fruit Juice	24. Egg Sandwich CranRasp Juice Applesauce	25. Early Release Coffee Cake Grape Juice Sliced Apples	26. Asst. Cereal Apple Juice Strwbrry Applesauce	27. Banana Pancake Mixed Fruit Orange Juice
Corn Dog French Fries Fruit & Veggie Bar	Mac & Cheese Broccoli Florets Wheat Roll Fruit & Veggie Bar	Burger Sliders Sack Lunch	Teriyaki Chkn Stir Fry Veggies Fortune Cookie Fruit & Veggie Bar	Pepperoni Pizza Garden Salad Fresh Fruit
30	31. Happy Halloween	Nov 1st.	2.	3.
Sweet Breads Sliced Apples Fruit Juice	Pancake Stick Grape Juice Applesauce	Creamy Yogurt Graham Sticks Fresh Grapes Fruit Juice	Fruit Brkfst Bar Orange Juice Mixed Fruit	Egg Wrap Apple Juice Craisins
Beefy Chili Cornbread Fruit & Veggie Bar	Creepy Bats Giant's Knuckles Scary Salad Bar	Cheese Enchilada Pinto Beans Fruit & Veggie Bar	Chicken & Waffles Green Beans Fruit & Veggie Bar	Hamburger Tater Tots Lettuce & Pickles Fresh Fruit
<i>We offer 1% white and non-fat flavored milks at meal service.</i>	Halloween Joke! Isn't it dangerous for pumpkins to cross the road?	<i>Substitute menus are sometimes necessary.</i>	No- they always wait for the cross GOURD. 	<i>"This institution is an equal opportunity provider and employer."</i>



WHO IS THE MOST FAMOUS GHOST DETECTIVE?



Sherlock Means

It's October!

Happy Fall! Does it actually cool down and become fall in Phoenix? I'm so ready for a change of clothes I want to wear long sleeves or a sweater. I have family in Minnesota, they are ready and waiting for the first snow of the year. I get jealous for a few minutes, then remember that I don't like driving in snow. So I live in Phoenix, I just wish the weather would cool off.

We have fall break this month. I hope that you have something fun planned. Going to the library checking out a stack of books to read. Making flash cards of spelling words? What else could be fun? Just teasing- I hope that you find some friends to hang out with. Watch movies with your family. Go out of town on vacation. I can think of all kinds of stuff that I want to do with a week off work.

Stay safe and read a book it's good for you.

Kendell

Food Service Director



PUMPKIN **Vegetable of the month**

Pumpkin fruit is one of the widely grown vegetables that is incredibly rich in vital antioxidants, and vitamins. While this humble backyard vegetable is low in calories, it contains vitamins A, C & E. Pumpkin contains no saturated fats or cholesterol; however, it is rich in dietary fiber, antioxidants, minerals, vitamins and abundance of carotenes, where the orange color comes from like in carrots and sweet potatoes.

The plant is a fast-growing vine that creeps along the ground surface in a similar fashion like that of other *Cucurbitaceae* family vegetables and fruits such as [cucumber](#), [squash](#), [cantaloupes](#). It is one of the most popular field crops cultivated around the world, including the USA at the commercial scale for its fruit, and seeds.

Pumpkins vary greatly in shape, size and colors. **Giant pumpkins** generally weigh 13 pounds with the largest capable of reaching a weight of over 20 pounds. **Golden-nugget pumpkins** are flat, smaller in size and feature sweet creamy orange color flesh. Pumpkins, in general, feature orange or yellow color; however, some varieties exhibit dark to pale green, brown, white, red and gray.

- 1. What is a pumpkin's favorite sport?**
- 2. How do you repair a broken Jack -o-lantern?**
- 3. Why do Jack-o-lanterns have stupid smiles on their faces?**
- 4. What's black, white, orange and waddles?**
- 5. When is a pumpkin not a pumpkin?**

1. Squash 2. Buy a pumpkin patch 3. You would too if your brains had been scooped out. 4. A penguin carrying a pumpkin. 5. When you drop it, then it's squash.

Largest Pumpkin

October 2015- In Rhode Island, Ron Wallace a pumpkin farmer grew a **2,230 pound pumpkin.**

Pumpkin pie originated in North America. It wouldn't be Thanksgiving without pumpkin pie on the table.

US farmers grow over 1 BILLION pounds of pumpkins every year.



Why did the little pumpkins cross the road?

To get to school.