

FALL in Love with these Cafeteria & Classroom Ideas

Consider offering themed Fall Festival Foods

Haystack Hotdogs
Pumpkin Patch Pancakes
Chilly Weather Chicken
Bushel Baked Beans
Golden Field French Fries
Flannel Fireside Fajitas
Autumn Apple Muffins
Scarecrow Spaghetti
Corn Maze Casserole



List menu items and/or tips on leaf shaped paper.

Lunch LEAVES You Smiling
FALL into Good Nutrition

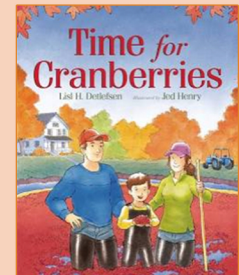
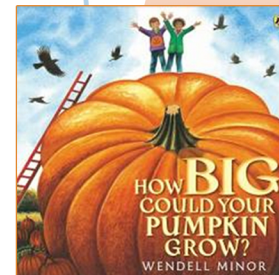
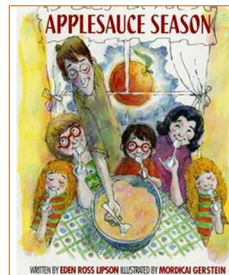
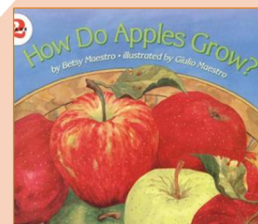
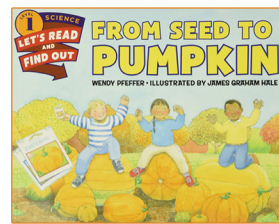
Look WHOOO's Making Healthy Choices
Create an owl with feathers showing different healthy habits.

HARVEST Healthy Habits
Write healthy habits on "pumpkins"
(orange paper plates with brown paper stem).

Harvest a Fun Fall Book

- *From Seed to Pumpkin* by Wendy Pfeffer
- *How Big Could Your Pumpkin Grow?* by Wendell Minor
- *How do Apples Grow?* by Betsy Maestro
- *Applesauce Season* by Eden Ross Lipson
- *Fall Harvests: Bringing in Foods* by Martha E. H. Rustad
- *Time for Cranberries* by Lisl H. Detlefsen *

*Educator Resources can be found here: <http://bit.ly/2IY2oMB>



FEAST your Eyes on these A-MAZE-ing Fall Activities

Pumpkin Seed Scooping

Have students wear gloves and help scoop the seeds out of pumpkins. The pumpkins can be used for decorating or carving. Explain to the students that the seeds inside of the pumpkin can be eaten and contain healthy nutrients such as magnesium, zinc, and iron.

Roast the seeds tossed in oil, salt, pepper, and whatever spices desired for the students to try.

Fall Colored Food Game

For this activity, students may work individually or in groups. Give each student a red, yellow, and orange sheet of paper. Have the student list or draw as many fruits and vegetables of that color on the corresponding sheet.

Fall Mystery Box

Put fall foods (apples, corn, pumpkins, sweet potatoes, butternut squash, etc.) in the mystery box and have students guess what's inside. Switch the mystery fall food out to keep the students guessing. Use fall foods served on school menus including Harvest of the Month features: apples, winter squash, and sweet potatoes.

