



Pumpkin is October's food of the month. Did you know...

- Scientifically speaking, pumpkins are a fruit because they contain seeds, but we often refer to them as vegetables.
- Pumpkin puree can be substituted for butter or margarine in baking to increase the nutrition of baked goods. It also adds creaminess to hearty winter soups and stews.
- The original jack-o'-lantern wasn't a pumpkin! They were carved from turnips, potatoes, or beets. The tradition comes from an Irish folktale and was brought to America (home of the pumpkin) by Irish immigrants where it became an integral part of our Halloween festivities.
- One cup of cooked pumpkin has more potassium than a banana (and about 20 times the amount in 8 oz. of Gatorade). It also has more than 200 percent the recommended daily intake of vitamin A which aids vision, particularly in dim light. This is good news for all of you trick-or-treaters this month!

Look for items on the menu featuring pumpkin throughout the month of October and be sure to let Chef Larry know what you think.



Help us Support the Efforts Of Lyme's Own Dr. Bob and our sister school in Kolahun, Liberia

ANYTHING IS EVERYTHING!

For 21 Days in October (October 1-21, 2016), we will collect your hand-me-downs – lightly used clothes for children and young adults, games, toys, books and school supplies. Thank you!

LOCAL COLLECTION POINTS:

Lyme School Lobby
Converse Free Library

Local Contact: Dr. Bob Rufsvold 603-795-2236



Contact me at: JValence@LymeSchool.org
Phone: 795-2125 or just stop by.



"Blisters" is this Tuesday!!

Blisters for Books is a fundraising effort to support the Converse Free Library. It involves students running laps around the common and getting sponsors to contribute to the Library Book Fund. Contact Judy Russell 795-4622 for more information.

Schedule
 8:30-9:00- grade 6
 9:15-9:45- all of grade 5
 10:00-10:30- grade 3
 10:40-11:00-grade K
 11:10-11:30 grade 2
 11:30-12:00- grade 8
 12:30-1:00- both grade 7's
 1:15-1:45-grade 4
 2:00-2:25- grade 1

Menus

Week of 10/11 to 10/14 • Week of 10/17 to 10/21

Al a carte Fruit and Milk are available everyday

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| Monday | NO SCHOOL | HOT LUNCH: Grilled Cheese ,WG Bread Pumpkin Bisque Potato Fresh Fruit Local Option: BYO Salad |
| Tuesday | HOT LUNCH: Homemade Pumpkin Macaroni & Cheese Garlic Bread Peas & Carrots Fresh Fruit Local Option: BYO Salad | HOT LUNCH: Local Beef Sloppy Joe WG Bun Roasted Potatoes Sweet Corn Fresh Fruit or 100% Fruit Juice Option: BYO Salad Local |
| Wednesday | HOT LUNCH: Cheese or Chef's Choice Pizza Salad Bar Macaroni Salad 100% Fruit Juice or Fresh Fruit Option: Ham & Cheese Sandwich on WG Bread | LUNCH; Cheese or Chef's Choice Pizza Salad Bar Three-Bean Salad WG Chips 100% Fruit Juice or Fresh Fruit Option: Egg Salad Sandwich on WG Bread |
| Thursday Local | HOT LUNCH: Open House Night! Local Beef Stroganoff Egg Noodles WG Dinner roll Mixed Vegetables Fresh Fruit Option: BYO Salad | HOT LUNCH: Fresh Cinnamon French Texas Toast Locally Produced Sausage Potatoes Local Maple Syrup Fresh Fruit Option: BYO Salad Local |
| Friday | HOT LUNCH: Chicken Teriyaki Vegetable "Fried Rice" Oriental Noodles Salad Bar Fresh Fruit Option: Chicken Salad Sandwich on WG Bread | HOT LUNCH: Local Beef Salisbury Steaks Mashed Potatoes Dinner Roll Salad Bar Fruit Option: Turkey Sandwich on WG Bread Local |

Hot Lunch Discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer."