



# October

2020

## In Season Pumpkins

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.



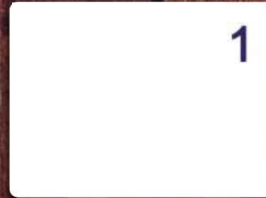
Monday

Tuesday

Wednesday

Thursday

Friday



### Announcements

**MILK AND  
FRUIT  
SERVED  
WITH EVERY  
MEAL**