

Red Clay Café Special Event Calendar

Check out Red Clay Café's Special Event Calendar!
Whether a special event, holiday or a national food day, we don't want you to miss all the fun happenings in the cafeteria!

Follow us @RedClayCafe on Facebook, Twitter & Instagram!



Monday	Tuesday	Wednesday	Thursday	Friday
1 World Vegetarian Day 	2	3 National Kale Day 	4	5 No School Today
8	9 National Hoagie Day! Try your favorite Sandwich in Hoagie Form! 	10	11	12 FEAR FACTOR FRIDAY! 
15 NATIONAL SCHOOL LUNCH WEEK! OCTOBER 15TH-19TH	16	17 National Pasta Day 	18	19 FEAR FACTOR FRIDAY! 
22	23	24	25	26 FEAR FACTOR FRIDAY! 
29	30	31 Fall Spooktacular! 	1	2

Apple Month



What is an Apple?

A round fruit from a tree of the Rose family. This fruit typically has red or green colored skin and crisp flesh.

Apple Nutrition Facts

"An apple a day can keep the doctor away!"

Apples can help your brain, lungs and heart in tip-top shape!

1 Medium apple contains 95 Calories, 4g Fiber and 14% of your daily Vitamin C needs! Make sure to eat the skin, where most of the apples vitamins and fiber are located!

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Crabapple

kappit.com

Apple Jokes: When is an apple a grouch?
When it's a crabapple.

Pumpkin Applesauce Mini Muffins

From: <http://usapple.org/recipe/pumpkin-applesauce-mini-muffins/>

Ingredients:

- 2 C. Whole Wheat Flour
- 1/2 C. Brown Sugar
- 1 1/2 tsp. Baking Powder
- 1/2 tsp. Salt
- 1 tsp. Pumpkin Pie Spice
- 1 C. Canned Pumpkin
- 1/2 C. Applesauce
- 1/2 C. Canola Oil
- 1 TBSP Vanilla

Directions:

1. Preheat oven to 325 degrees.
2. In large bowl, combine flour, sugar, baking soda, pumpkin pie spice and salt. Whisk together to combine. Set aside.
3. In a smaller bowl combine your applesauce, oil, vanilla and canned pumpkin. Stir until all ingredients are combined.
4. Add wet ingredients to your dry ingredients. Stir until all ingredients are mixed through. Do not over stir.
5. Using a small spoon or melon ball scooper, scoop the muffin batter into mini muffin tins. Only fill each tin 3/4 full.
6. Bake for 15-20 minutes, rotating pan once halfway through cooking.

Healthy Baking Tip: You can substitute applesauce in baking for oil using a 1:1 ratio for fewer calories and fat in your favorite recipes!

Fun Apple Facts

- An average apple tree produces between 150 and 350 apples every year!
- Apples are 25% air, which is why they float in water!
- 100 kinds of apples are grown in America
- Modern apples are descendants from wild apples found in central Asia.



Produce Tips:

Check the firmness of your apple. Apples should be firm to the touch. Avoid soft, bruised and discolored apples. Apples should also have a pleasant aroma; this will vary depending on the type of apple you are smelling!