

# Parkside Post

October 2022



BABIES MOVING!

## Fall has Arrived!

This school year is chugging right along! To help keep our families feeling connected to our kitchen, we are going to start using our newsletters to include information about what we are serving! The below is from Ms. Cameo!

This month we are introducing butternut squash and baked apples to the menu. Yummy! Also in season and on our menu this month are sweet potatoes, spinach, and cabbage. We have recently introduced roasted eggplant to our menu, and our classes are eating it up. It is important to introduce new foods to children often as it increases the likelihood that they will continue a varied and balanced diet throughout adulthood. Additionally, it is imperative that a child is offered a new food item a minimum of 20 times before it is no longer offered. It often takes 20 times of interacting with a new food before a child even attempts to eat it. As always, our monthly menus are available for viewing on the Parkside website under the "Parents" tab. Have a family recipe you think your Parkside family may enjoy? Submit recipes to [parksidekitchen20@gmail.com](mailto:parksidekitchen20@gmail.com), and your recipe may be chosen to be featured on our menu. Please note that recipes may be altered to meet state and allergen regulations.

## Dates to Remember

October 10th-Fall Picture Day

October 21st-Early Out CLOSE 5 p.m.

October 28th-Fall Festival 4:30-6:30 p.m.

## Happy Birthday!

October 3rd-Thea (2)

October 9th-Caroline (5)

October 11th-Nellie (1)

October 26th-Ms. Peyton