

## Fall Foods

The fall season brings colorful leaves, cooler weather, and the harvest of many fruits and vegetables. The Native Americans first discovered many of these vegetables and other foods we eat today. Ask the children which of these foods they like.

- Beans
- Corn
- Pumpkins
- Sunflower seeds
- Turkey
- Fish
- Potatoes
- Berries

Visit a nearby farm, produce center, or grocery store and bring pumpkins and other fall vegetables back to the center. These could also include corn, squash, turnips, or sweet potatoes. Plan to use many of these foods in the following activities.

### Grow a Sweet Potato Vine

All you need is half a raw sweet potato per child, a glass, toothpicks, and water.

Directions:

1. Stick toothpicks around the middle of each half raw sweet potato.
2. Suspend the sweet potato half in a glass of water using the toothpicks. Put the cut side down in the water.
3. Place the glass holding the potato near a window to get light.
4. The vine grows quickly so be sure to add water as needed to keep the cup full.



# Mealtime Memo FOR CHILD CARE

## Serve Fall Chili or Stew in Mini Pumpkins

### Ingredients:

- Golden nugget mini pumpkins (one for each child)
- Cooking oil
- Canned or homemade stew or chili
- Optional vegetables to add: canned corn, canned kidney or black beans, canned green beans

### Directions:

1. Have children wash their hands before food preparation and remind them of safety rules when cooking.
2. Preheat the oven to 200 °F.
3. An adult will need to slice the tops off of the pumpkins.
4. Using a teaspoon let the children remove the seeds and pulp from each pumpkin.
5. Brush the insides with oil.
6. Place the pumpkins into a shallow baking dish and the pumpkin lids into a separate baking dish.
7. Roast the lids and pumpkins for 30 minutes. Remove the lids and set them aside. Turn the pumpkins over and roast them an additional 30 minutes.
8. Place the stew or chili into a saucepan.
9. Allow the children to add other vegetables one at a time. While doing this, discuss what the vegetables are and how they grow.
10. Allow the children to stir to mix.
11. Heat the stew or chili and place it into the cooked pumpkins. Serve to the children when cool enough to eat.

While the stew or chili is cooling, sing songs about pumpkins.



### **Mr. Pumpkin**

(tune: Where is Thumbkin)

Mr. Pumpkin,  
Mr. Pumpkin,  
Round and fat.  
Round and fat.  
Harvest time is coming.  
Harvest time is coming.  
Yum, yum, yum.  
That is that!

### **Pumpkin Song**

(tune: I'm a Little Teapot)

I'm a little pumpkin  
Orange and round.  
Here is my stem,  
There is the ground.  
When I get all cut up,  
Don't you shout!  
Just open me up  
And scoop me out!

## Recipe to Try

Delicious way to serve a wonderful food like sweet potatoes.

### Baked Sweet Potatoes and Apples I-08<sup>1</sup>

Canned cut sweet potatoes, in light syrup drained	1 qt ¼ cup (½ of No. 10 can)
Canned unsweetened sliced apples, solid pack, drained	1 qt
Brown sugar, packed	¼ cup 2 Tbsp
Ground cinnamon	½ tsp
Ground nutmeg (optional)	½ tsp
Margarine or butter	2 Tbsp 2 tsp
Water	¼ cup 2 Tbsp



Place 1 quart ¼ cup sweet potatoes into a pan (9 x 13 x 2 inch) which has been lightly coated with pan release spray. Place 1 quart apples over sweet potatoes in pan.

Combine brown sugar, cinnamon, and nutmeg (optional).

Sprinkle 3 Tbsp sugar mixture over the apples in pan. Dot the pan with 2 Tbsp 2 tsp margarine or butter.

Add ¼ cup 2 Tbsp water.

Bake: Conventional oven: 350 °F for 25–30 minutes; Convection oven: 300 °F for 15–20 minutes. CCP: Heat to 135 °F or higher for at least 15 seconds.

Number of servings: 25

Serving size: ¼ cup (No. 16 scoop) provides ¼ cup vegetables and fruit.

<sup>1</sup>USDA Recipes for Child Care. Available online at [www.nfsmi.org](http://www.nfsmi.org).

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## Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
½ cup fresh orange sections (½ cup fruit) ¼ cup cooked oatmeal with 1 Tbsp raisins <sup>1</sup> (¼ cup cooked cereal) ¾ cup 1% milk (¾ cup milk)	½ cup grape juice (½ cup fruit juice) ½ slice whole wheat toast with ½ slice processed American cheese (½ slice of bread, ½ oz cheese) ¾ cup 1% milk (¾ cup milk)	½ cup fresh peach slices (½ cup fruit) ½ cup unsweetened cereal variety (½ cup cold dry cereal) ¾ cup 1% milk (¾ cup milk)	½ cup fresh apple slices (½ cup fruit) 1 piece Banana Bread Squares A-13 <sup>2</sup> (1 slice bread) ¾ cup 1% milk (¾ cup milk)	½ cup canned pineapple juice (½ cup fruit juice) 1 serving Baked Scrambled Eggs D-15 <sup>2</sup> (1 large egg) ½ slice whole wheat toast (½ slice of bread) ¾ cup 1% milk (¾ cup milk)

## Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tuna Patty D-10 <sup>2</sup> (1 ½ oz cooked lean meat, ½ slice of bread) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup pineapple tidbits (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)	1 serving Chicken Pot Pie D-11 <sup>2</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, 1 ¾ slices of bread) ¼ cup peach halves (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)	1 serving Glazed Meat Loaf D-04A <sup>2</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, ½ slice of bread) ¼ cup Baked Sweet Potatoes and Apples I-08 <sup>2</sup> (¼ cup vegetable and fruit) ¼ cup fresh apple slices (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)	½ cup Chicken or Turkey Chowder H-01 <sup>2</sup> (¾ oz cooked lean meat, ¼ cup vegetable) ¾ oz reduced fat cheddar cheese (¾ oz cheese) ½ oz saltine crackers (4 crackers) (½ oz grains/breads) ¼ cup sliced cooked carrots (¼ cup vegetable) ¼ cup pear halves (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)	¾ cup Vegetable Chili D-26 <sup>2</sup> (2 oz equivalent meat/meat alternate, ¾ cup vegetable, ¼ slice of bread) ¼ cup fresh fruit salad (¼ cup fruit) 1 Corn Muffin A-02 <sup>2</sup> (¾ slice of bread) ¾ cup 1% milk (¾ cup milk)

## Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
½ oz graham crackers (2 crackers) (½ oz grains/bread) 1 Tbsp peanut butter <sup>3</sup> (1 Tbsp peanut butter) ½ cup 1% milk (½ cup milk) Water <sup>4</sup>	¼ cup Carrot-Raisin Salad E-05 <sup>2</sup> (¼ cup vegetable and fruit) ½ oz wheat crackers (4 crackers) (½ oz grains/bread) ¼ cup apple juice (¼ cup fruit) Water <sup>4</sup>	½ oz cheddar cheese (½ oz cheese) ½ cup diced fresh pineapple (½ cup fruit) Water <sup>4</sup>	2 oz lowfat yogurt (2 oz yogurt) ½ cup fresh banana slices (½ cup fruit) Water <sup>4</sup>	1 serving Peach Muffin Squares A-16A <sup>2</sup> (1 slice of bread) ½ cup 1% milk (½ cup milk) Water <sup>4</sup>

<sup>1</sup>Raisins can be a choking hazard to young children.

<sup>2</sup>USDA Recipes for Child Care. Available online at [www.nfsmi.org](http://www.nfsmi.org). Ages 3–5.

<sup>3</sup>Sunflower butter may be substituted for peanut butter.

<sup>4</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

# *Mealtime Memo* FOR CHILD CARE

## Sources

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National Food Service Management Institute. (2009). *More Than Mud Pies: A Nutrition Curriculum Guide for Preschool Children*. (5th ed.)

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