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LeConte's Vanilla or Cinnamon Applesauce

(Kathy Russell & Brenna Turman, LeConte Elementary)

Ingredients:

- 10 ripe apples, any kind that are local, or 5 pears and 5 apples
- 1 fresh vanilla bean
- ¼ cup water
- ¼ cup apple juice
- 1 teaspoon lemon juice

Steps:

1. Cut apples (and pears, if using) into 1-inch chunks, discarding seeds and core. Slice open the vanilla bean and scrape out the seeds. Reserve bean for another use.
2. In a pot large enough to hold the apples, bring the water and apple juice to a boil. Stir in the vanilla seeds.
3. Add the apples and lemon juice and cook, stirring occasionally, until the apples cook down.
4. Pour into a bowl and mash with a fork or potato masher. Serve hot.

5-6 servings

October

Monday

1 Mediterranean Pita Pizza
Salad Bar
Fresh Fruit
1% Milk

8 Staff Development

15 Meat or Vegetable Pizza
Salad Bar
Fresh Fruit
1% Milk

22 Mediterranean Pita Pizza
Salad Bar
Fresh Fruit
1% Milk

29 Meat or Vegetable Pizza
Salad Bar
Fresh Fruit
1% Milk

Tuesday

2 Chicken or Vegetable Chow or Lo Mein
Salad Bar
Fresh Fruit
1% Milk

9 Mediterranean Pita Pizza
Salad Bar
Fresh Fruit
1% Milk

16 Hot Dogs or Vegetable Dogs on a Whole-Wheat bun
Baked Beans or Corn
Salad Bar
Fresh Fruit
1% Milk

23 Tuna Melt on a Whole-Wheat Bagel
Salad Bar
Fresh Fruit
1% Milk

30 Chicken or Vegetable Chow or Lo Mein
Salad Bar
Fresh Fruit
1% Milk

Wednesday

3 Meat or Vegetable Pasta with Marinara Sauce
Salad Bar with Applesauce
Fresh Fruit
1% Milk

10 Macaroni & Cheese
Fresh Vegetable
Salad Bar with Applesauce
Fresh Fruit
1% Milk

17 Meat or Vegetable Pasta with Marinara Sauce
Salad Bar with Applesauce
Fresh Fruit
1% Milk

24 Garlic Chicken & Pasta or Vegetable Pasta with Cheese
Salad Bar with Applesauce
Fresh Fruit
1% Milk

31 Meat or Vegetable Pasta with Marinara Sauce
Salad Bar with Applesauce
Fresh Fruit
1% Milk

Thursday

4 Turkey or Vegetable Pot Pie with Crumb Topping
Salad Bar
Fresh Fruit
1% Milk

11 BBQ Chicken or Tofu
Roasted Potato Fries & Fresh Vegetables
Whole-Wheat Roll
Salad Bar
Fresh Fruit
1% Milk

18 BBQ Pulled Pork Sandwich or Vegetable Patty
Whole-Wheat Bun
Salad Bar
Fresh Fruit
1% Milk

25 Oven-Fried Chicken or Tofu
Mashed Potatoes
Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk

Friday

5 Chicken or Vegetable Tamales
Rice & Beans
Salad Bar
Fresh Fruit
1% Milk

12 Beef or Vegetable Nachos
Rice & Beans
Salad Bar
Fresh Fruit
1% Milk

19 Chicken or Vegetable Burritos
Rice & Beans
Salad Bar
Fresh Fruit
1% Milk

26 Chicken or Vegetable Quesadilla
Rice & Beans
Salad Bar
Fresh Fruit
1% Milk