* Chili Month * Cookie Month * Eat Better, Eat Together Month *
* Health Literacy Month * Popcorn Month * Pork Month *
* Seafood Month * Spinach Lovers Month * Texas Peanuts Month * Vegetarian Month *

October 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Salt Week (10/1 - 10/5)						
					1 World Vegetarian Day	2
3	4 Child Health Day	5 World Teachers Day	6	7	8 World Egg Day	9 Try tabouleh!
National Food Bank Week (10/10 - 10/16) National School Lunch Week (10/13 - 10/17)						
10	11 Columbus Day (observed)	12	13	14	15	16 World Food Day
National Health Education Week (10/18 - 10/24)						
17	18	19 Try spinach or tomato pasta today!	20	21	22	23 Try a veggie pizza today!
24	25 Hold a class taste-test of different varieties of apples.	26	27	28	29	30
31 Halloween Daylight Savings Time Ends						