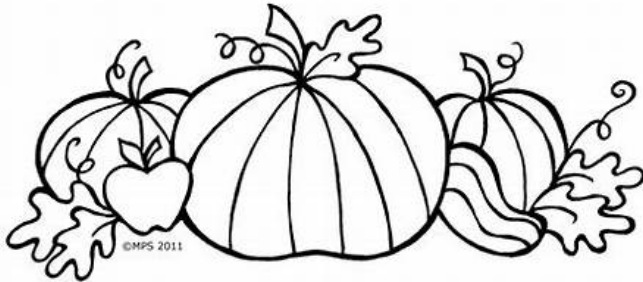


### This Month

We just finished talking about pumpkins and Halloween fun. We are going to start talking about farms. We will talk about all the animals that live on the farm, along with all the jobs farmers have. Then we will talk about harvesting and all the things we are grateful for.



### Upcoming Events

- 2<sup>nd</sup> No School / Parent Teacher Conferences**
- 3<sup>rd</sup> No School / Parent Teacher Conferences**
- 7<sup>th</sup> Pekin Parent Committee @ 5:30 pm**
- 10<sup>th</sup> No School / Observing Veteran's Day**
- 17<sup>th</sup> Picture Retakes at the Pekin Site**
- 18<sup>th</sup> Eat Healthy Stay Active Parent Training at the Family Center (Note to come)**
- 20<sup>th</sup> Thanksgiving Feast at Pekin (Note to come)**
- 22<sup>nd</sup> – 24<sup>th</sup> No School / Fall Break**



### Pyramid Model News

We have been working on following the problem-solving steps when there is a problem.

1. Stop
2. Identify the problem.
3. Think of a solution.
4. Try it.

### Applesauce Pancakes

#### Ingredients:

½ cup milk  
1 egg  
1 Tablespoon vegetable oil  
1 cup applesauce  
1 ½ cups all-purpose flour\*  
2 teaspoons baking powder  
½ teaspoon salt  
1 Tablespoon sugar  
¼ teaspoon cinnamon



#### Preparation:

1. Wash your hands with soap & water.
2. Combine milk, egg, vegetable oil, & applesauce together in a mixing bowl.
3. In a separate bowl, combine all dry ingredients. Add dry mixture gradually to bowl with applesauce mixture. Mix until nearly smooth with a hand mixer or wire whisk.
4. Heat a large skillet on medium heat & spray with non-stick cooking spray.
- 5. Pour ¼ cup batter onto skillet. Flip once after bubbles form on top of pancake. Cook until lightly browned on both sides & middle is no longer raw.
6. Serve with fresh fruit or light syrup.

**Note:** \*Replace ¾ cup of all-purpose flour with whole-wheat flour for added fiber.