



UTAH FOOD BANK

MOBILE SCHOOL PANTRY NEWSLETTER

OCTOBER 2026



Recipe of the Month

Spaghetti with Meat Sauce

Ingredients:

- Spaghetti Noodles
- Tomato Sauce
- 1 lb ground beef (optional)
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp italian seasoning
- salt and pepper

Instructions:

1. Cook spaghetti according to package directions. Drain when done.
2. While pasta cooks, heat olive oil in a pan over medium-high heat. Add ground beef and cook for 6-8 minutes until browned
3. Add garlic and cook about 30 seconds. Pour in sauce and Italian seasoning. Stir.
4. Reduce heat to low and simmer 5-10 minutes. Season with salt and pepper to taste.
5. Toss cooked spaghetti with the meat sauce, or spoon sauce over the pasta.

October Menu

- Canned Corn
- Canned Diced Pears
- Tuna
- Tomato Sauce
- Spaghetti Noodles
- Multi Grain O's Cereal
- Bread Item
- Bag of Fresh Produce

Visit your school website or call the main office for distribution dates and times.

Spooky Food Fact

Spaghetti means "little strings" in Italian! With all those long, twisty noodles, it's like a plate full of edible spiderwebs. Tangled up in your dinner? We're knot complaining!

If you or someone you know needs assistance, call 2-1-1 to learn about available resources in your area, including food.