

# [Insert Public School Unit] Breakfast Menus for December 2022

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  | December 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Families Making the Connection

### Enjoy Winter Squash

Winter squash is a warm season vegetable that grows on a vine or bush. Botanically, it is considered a fruit. In the nutrition and culinary world, it is considered a vegetable.

Winter squash originally comes from Central America and Mexico. It is mainly grown throughout western North Carolina. Winter squash is usually planted in the spring, grows all summer, and is harvested in the fall. Different from summer squash, winter squash is harvested when the skin has hardened into a tough rind.

Some common varieties of winter squash are acorn, buttercup/turban, butternut, calabaza, delicata, hubbard, spaghetti, sugar pumpkin, and sweet dumpling. Winter squash is usually eaten cooked. It can be baked, roasted, steamed, simmered, mashed, or stir fried. Before preparing or eating, wash squash under clean, running water.

Winter squashes offer vitamins A and C, potassium, and fiber. They are cholesterol free and low in fat and sodium. Learn more at <https://bit.ly/3c30kws>. Enjoy winter squash today!



# [Insert Public School Unit] Lunch Menus for December 2022

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  | December 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 8 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 9 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 12 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 13 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 14 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 15 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 16 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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