

# [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 |

## Nutrition Byte

### Acorn, Butternut, Spaghetti – Oh My!

Did you know that squash was one of the “Three Sisters” planted by the Iroquois? Squash, beans, and maize were staples of nearly every Native American tribe. The word “squash” comes from the Native American askutasquash, meaning “food eaten raw”, but squash is hardly ever eaten raw or fresh.

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 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. **Nutrilink:** 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 |
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