

Our Harvest of the Month is WINTER SQUASH

Did you know that Winter Squash is:

- High in beta-carotene which converts to Vitamin A
- A good source of Vitamin C and fiber
- Packed with antioxidant and anti-inflammatory compounds

Squash with Apples and Cranberries

- Preheat oven to 375 F
- Cut 2 Acorn Squash in half and scoop out seeds
- Mix together 2 Tbsp. butter, 2 Tbsp. brown sugar, 1/2 tsp. cinnamon and 1/4 tsp. nutmeg and distribute evenly in the cavities of the squash
- Peel and dice 2 apples and mix with 1/2 cup of dried cranberries. Distribute evenly in the cavities
- Bake covered for 1 hour, uncovering for the last 15 minutes

East Hampton Memorial School Menu for December 2017

Questions? Contact Jen Bove, Nutrition Services Director, at jbove@easthamptonct.org

**Menu subject to change

				Friday, December 1
Lunch Menu = \$2.85 Reduced Price = \$0.40	Alternative Selections Offered Daily: Bagel, Yogurt, Cheese Stick Deli Sandwich Choices Sun Butter Sandwich with Cheese Stick	1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50		Homemade Pizza Selections Rip Roarin' Romaine Salad Fresh Fruit and Veggie choices
Meatless Monday, December 4	Travel Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
Cheesy Pizza Bagel Bites Lean Mean Green Beans Fresh Fruit and Veggie Choices	Taco Tuesday—Taco Tub Salad Mexican Corn Salad Fresh Fruit and Veggie Choices	Mama's Marvelous Meatballs and Pasta Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	Wonderful Waffles and Sausage Sweet Potato Smiles Maple Cinnamon Roasted Butternut Squash Fresh Fruit and Veggie Choices	Homemade Pizza Selections Chillin' Chick Pea Salad Fresh Fruit and Veggie Choices
Meatless Monday, December 11	Travel Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
Magnificent Macaroni and Cheese Tummy Tempting Tomato Salad Apple Chips Fresh Fruit and Veggie Choices	Sweet and Sour Chicken Rad Rice Asian Carrot Fries Fresh Fruit and Veggie Choices	All American Cheeseburger Blazin' Baked Beans Roasted Potatoes Wedges Fresh Fruit and Veggie Choices	King Neptune Fish Nuggets Delicious Dinner Roll Kale Chips Fresh Fruit and Veggie Choices	Homemade Pizza Selections Rainbow Vegetable Tray with Pumpkin Hummus Fresh Fruit and Veggie Choices
Meatless Monday, December 18	Travel Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
Power Pancakes Berry Merry Parfaits Sweet Potato Waffle Fries Butternut Apple Bake Fresh Fruit and Veggie Choices	Happy Holiday Feast Roasted Turkey and Gravy Merry Mashed Potatoes Celebration Corn Holly's Homemade Pumpkin Muffin Fresh Fruit and Veggie Choices	Oooey Goopy Grilled Cheese Sandwich Terrific Tomato Soup Fresh Fruit and Veggie Choices	Chicken Quesadillas Three Bean Salad Fresh Fruit and Veggie Choices	Homemade Pizza Selections Holiday Red and Green Salad Fresh Fruit and Veggie Choices
Monday, December 25	Tuesday, December 26	Wednesday, December 27	Thursday, December 28	Friday, December 29
Winter Squash includes: Acorn Squash Buttercup Squash Butternut Squash Carnival Squash Delicata Squash Hubbard Squash Spaghetti Squash Pumpkin				Nutrition Tip: Add canned pumpkin to pancake mix to boost the nutrient content and add to the flavor

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