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!

Menus for December 2022 Elementary, Middle & FCS Lunch

			Thursday, December 1	Friday, December 2
	A VARIETY OF MILK IS OFFERED DAILY	**Middle School Other Options** Variety of Boxed Salads Variety of Special Pizzas, Calzone, Nacho Bar	Eggs, Sausage, Biscuit, Gravy, Tater Tots, Sliced Tomato, Baked Apples	Spaghetti, Garlic Roll, Corn, Green Beans, Applesauce
Monday, December 5	**Tuesday, December 6**	**Wednesday, December 7**	**Thursday, December 8**	**Friday, December 9**
Hamburger Steak w/Gravy, Roll, Creamed Potatoes, Green Peas, Peaches	Orange Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple	Ham w/Macaroni & Cheese, Roll, Northern Beans, Mixed Vegetables, Applesauce	Cheese Bites, Pizza Sauce, Green Beans, Pears	BBQ Sandwich, Slaw, Sweet Potato Straight Cut Fries, Mixed Fruit, Pickles
Monday, December 12	**Tuesday, December 13**	**Wednesday, December 14**	**Thursday, December 15**	**Friday, December 16**
Chicken Alfredo, Garlic Roll, California Vegetables, Caesar Salad, Apple Cobbler	*Taco w/Cheese, Salsa, Black Beans, Applesauce*	Popcorn Chicken , Roll, Broccoli & Cheese, Sweet Potatoes, Mixed Fruit	Veg. Beef Soup w/ Grilled Cheese, Baby Carrots w/ Ranch, Pears	Chili Cheese Burger, Slaw, Crinkle Fries, Peaches
Monday, December 19	**Tuesday, December 20**	**Wednesday, December 21**	**Thursday, December 22**	**Friday, December 23**
Teacher Workday	**Annual Leave**	**Annual Leave**	**Holiday**	**Holiday**
Monday, December 26	**Tuesday, December 27**	**Wednesday, December 28**	**Thursday, December 29**	**Friday, December 30**
Holiday	**Annual Leave**	**Annual Leave**	**Annual Leave**	**Holiday**

McDowell County Schools

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http://childnutrition.ncpublicschools.gov