

Harvest of the Month

Network for a Healthy California

Botanical name: *Cucurbita maxima Duchesne*



WINTER SQUASH

Circle all meals on the menu that contain squash.

- How many did you find?
- How many different ways is squash being served?
- What is your favorite way to eat squash?

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Stromboli Spinach Salad Tropical Fruit Milk	2 Chicken Strips Mashed Potatoes W/gravy Carrots Mixed Fruit Milk	3 Hamburger on a Bun Lettuce & Tomato Fries Apple Milk	4 Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Banana Milk
7 Beef & Noodles Mashed Potatoes Fresh Baby Carrots Pineapple Tidbits Milk	8 Chicken Quesadilla Salsa & Whole Grain Corn Tortilla Chips Refried Beans Orange Wedges Milk	9 Chicken Pattie Mashed Potato w/ gravy Peaches Mixed Veggies Milk	10 Corn Dog Salad Peas Apple Milk	11 No School ~ Veteran's Day 
14 Turkey Subs Carrots Chips Raisans Milk	15 Pizza Salad Cherry Tomatoes Orange Milk	16 Chili Corn chips Cucumbers Cinnamon roll Oranges Milk	17 Baked Ham Potatoes & gravy Green Beans Biscuit Apricots Milk	18 Macaroni & Cheese Meatballs Seasoned Peas Carrots Apple Milk
21 THANKSGIVING	22 WEEK	23 VACATION	24	25
28 Grilled cheese Wedges Tomato Soup Apples Milk	29 Taco Soup W/G Chips Fresh Broccoli Pears Milk	30 BBQ Pork on a Bun Sweet Potato Puffs Baked Beans Oranges Milk		

This institution is an equal opportunity provider

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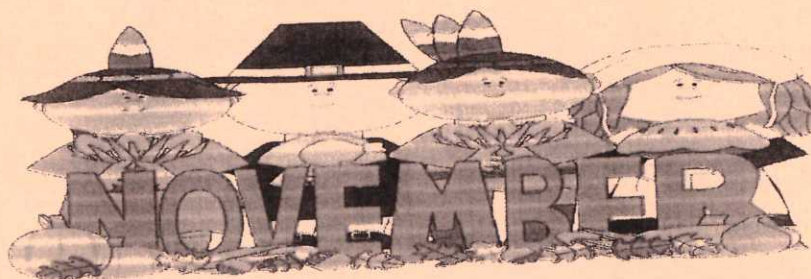
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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Late Start No Breakfast	2 Breakfast Bar Fruit Fruit Juice Milk	3 Pancake on a Stick Banana Fruit Juice Milk	4 Whole Grain Cinnamon Roll Oranges Fruit Juice Milk
7 Cereal Yogurt Cup Pears Fruit Juice Milk	8 Whole Grain Bagel w/toppings Oranges Fruit Juice Milk	9 Breakfast Pizza Banana Extra Fruit Milk	10 Star Spngeled Pancakes Sausage Patty Peaches Milk	11 Veterans Day
14 Whole Grain Muffin w/toppings Fruit Juice Apple Milk	15 Biscuits with Gravy Apricots Fruit Juice Milk	16 Scrumptious Coffeecake Applesauce Fruit Juice Milk	17 Western Omelet Salsa Pears Fruit Juice Milk	18 French Toast w/syrup Citrus Cup Fruit Juice Milk
21 THANKSGIVING	22 WEEK	23 VACATION	24	25
28 Cereal String Cheese Mixed Fruit Fruit Juice Milk	29 Pancake on a Stick Banana Fruit Juice Milk	30 Biscuits with Gravy Apricots Fruit Juice Milk		

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