



December Titan Food Service

IMPORTANT MENU UPDATE

Last minute menu changes may occur and are out of our control due to the nationwide food supply chain issues.

Posted menus may not reflect these changes.

We appreciate your patience and understanding during this time.

If you have any questions regarding your school's menu, please feel free to reach out to the Food Service Director.

Fun fact:

1. **Squash and melons are related.** Did you know that both summer and winter squashes are related to melons like honeydew and watermelon?

Lunch Requirements for OVS

At lunch, schools must offer students all five (5) required food components in at least the minimum required amounts. The components at lunch are: meats/meat alternates; grains; fruit; vegetables; and fluid milk. Under OVS, a student must take at least three (3) components in the required serving sizes - one (1) component must be either a fruit or vegetable.



POWERUP!

Harvest of the Month promotes a different Massachusetts-grown crop each month in school cafeterias across the state. With help from the Massachusetts Farm to School Project, our school cafeteria will include produce from local farms

Squash are **good sources of vitamin A, C, and B vitamins; they're high in antioxidants; and they're rich in minerals such as potassium, magnesium, and manganese.** And, of course, as whole plant foods, they're also rich in fiber and water, making them both hydrating and good for the gut.

How to cook Butternut Squash:

Ingredients

1 large butternut squash, halved lengthwise and seeded

1 tablespoon butter, cut into pieces

salt and ground black pepper to taste

Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Place squash, cut-sides down, in a 9x13-inch baking dish. Pour 2 cups water into the dish around the squash halves.
3. Bake in the preheated oven until tender and easily pierced with a fork, about 1 1/2 hours, adding more water as needed.
4. Remove from the oven and transfer each half to a plate, cut-side up. Top each half with butter and season with salt and pepper.

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