

# 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?

 LUNCH

# FEBRUARY 2023

ILCS Charter School

Breakfast and Lunch BSC and CSC

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|  <b>6</b><br>Chicken Veggie Soup<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast |  <b>7</b><br>Spaghetti<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast | <b>1</b><br>Pepperoni Pizza<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast    | <b>2</b><br>Turkey Tacos<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast          | <b>3</b><br>Pizza<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast                      |
| <b>13</b><br>NO School  | <b>14</b><br>Chicken Nuggets<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast   | <b>8</b><br>French Bread Pizza<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast | <b>9</b><br>Chicken Teriyaki Bowl<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast | <b>10</b><br>Pizza<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast                     |
| <b>20</b><br>NO School  | <b>15</b><br>Grilled Cheese<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast  | <b>16</b><br>Cheese Burgers<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast    | <b>17</b><br>Pizza<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast                | <b>21</b><br>Mozzarella Grilled Cheese<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast |
| <b>27</b><br>Sloppy Joes<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast  | <b>22</b><br>Galaxy Pizza<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast  | <b>23</b><br>Chicken Sandwich<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast  | <b>24</b><br>Pizza<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast                | <b>28</b><br>Chicken Ramen<br>Fresh Fruit and Salad Bar<br>Milk<br>Grab and Go Breakfast             |



# EAT YOUR SQUASH

## Nutrition Facts

Serving Size: ½ cup cooked acorn squash, cubed (103g)  
 Calories 57      Calories from Fat 0

|                        | % Daily Value |
|------------------------|---------------|
| Total Fat 0g           | 0%            |
| Saturated Fat 0g       | 0%            |
| Trans Fat 0g           |               |
| Cholesterol 0mg        | 0%            |
| Sodium 4mg             | 0%            |
| Total Carbohydrate 15g | 5%            |
| Dietary Fiber 5g       | 18%           |
| Sugars 0g              |               |
| Protein 1g             |               |
| Vitamin A 9%           | Calcium 5%    |
| Vitamin C 19%          | Iron 5%       |



## Squash Search

Circle the different varieties of winter squash listed below in the puzzle. Words can be spelled across, down, backwards, and diagonally.

|           |          |               |
|-----------|----------|---------------|
| Acorn     | Calabaza | Mediterranean |
| Banana    | Delicata | Spaghetti     |
| Butternut | Kabocha  | Turban        |

N A E N A R R E T I D E M F  
 T B T Q N T L H T M V Z D N  
 N O U Y R N M T X G W B E R  
 K S M T R R E K P B R L L H  
 A X T A T H W N R O C A I N  
 B K B N G E F L G Z G W C L  
 O R P A X G R T R M P B A E  
 C L P B H W V N C K E U T Y  
 H S M R X H B M U Z G T A Q  
 A W G U E A R E O T Z H T N  
 I F Q T V M K C R L H P X K  
 T F N K D S X A Q R R Q X X  
 P T B A N A N A B P K Q S D  
 T B A Z O C A L A B A Z A C

- Write down the kinds of squash you have tried.
- Draw a star next to your favorite kind.
- Underline the kinds of squash you would like to try. How do you want to eat it?

## Reasons to Eat Winter Squash

A ½ cup of cooked winter squash — like acorn, butternut, hubbard, and pumpkin — has lots of vitamin A. Eating squash is also a good way to get vitamin C and fiber.

Acorn squash also has iron. Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

## Iron Champions\*:

Beans, lentils, fortified cereal, 100% prune juice, pumpkin seeds, and soy foods. \*Iron Champions are a good or excellent source of iron.

## How Much Do I Need?

A ½ cup of cubed winter squash is about the size of one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. It is important to eat a colorful variety of fruits and vegetables every day to get all the nutrients you need to grow healthy and feel good. Look at the chart below to find out how many cups of fruits and vegetables you need to eat every day. Write down a daily meal plan to meet your goals.

## Recommended Daily Amount of Fruits and Vegetables\*\*

|       | Kids, Ages 5-12     | Teens and Adults, Ages 13 and up |
|-------|---------------------|----------------------------------|
| Boys  | 2½ - 5 cups per day | 4½ - 6½ cups per day             |
| Girls | 2½ - 5 cups per day | 3½ - 5 cups per day              |

\*\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2010.

