

Our Harvest of the Month is Butternut Squash

Butternut Mac and Cheese

2 cups uncooked macaroni
 1 TBSP butter
 1 small yellow onion, diced
 1 small butternut squash
 5 cups chicken or veg broth
 3/4 cup milk
 1 tsp salt
 2/3 cup Cheddar or Gruyere cheese

- Cook the macaroni, according to directions.
- Heat butter over low heat and sauté onions until lightly golden.
- Remove skin and seeds from squash, cube, and add to a pot of boiling broth . Cook for about 7 minutes until tender.
- Drain and reserve 1/2 cup of the broth.
- Put cooked squash, onions, milk, salt and reserved broth in a blender and puree until smooth and creamy.
- Pours squash sauce over hot macaroni. Add cheese and stir until melted.
- Add milk to adjust consistency. Salt and pepper to taste.

Nathan Hale Ray Middle School Menu for December 2018

Questions? Contact Jen Bove, Nutrition Services Director, at jen.bove@easthaddamschools.org

****Menu subject to change**

Meatless Monday, Dec 3	Travel Tuesday, Dec 4	Wednesday, Dec 5	Thursday, Dec 6	Friday, Dec 7
Mozzarella Sticks with Mouthwatering Marinara Sauce Tuscan Tomato Salad Fruit and Veggie Choices	Sweet and Sour Chicken Rad Rice Bold Broccoli Fruit and Veggie Choices	Loaded Chili Cheese Fries Corn Muffin Fiesta Black Beans Fruit and Veggie Choices	Philly Cheese Steak Sandwich Tornado Potatoes Fresh Fruit and Veggie Choices	Crispy Chicken Tenders with Dipping Sauces Zucchini Chips Sweet Potato Sticks Fresh Fruit and Veggie Choices
Meatless Monday, Dec 10	Travel Tuesday, Dec 11	Wednesday, Dec 12	Thursday, Dec 13	Friday, Dec 14
Golden Waffles Toast Sticks Protein Power Parfait Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	"Nacho Average Nachos" Sassy Salsa Salad Fresh Fruit and Veggie Choices	Oven Fried Chicken Drumstick Warm Buttermilk Biscuits Tornado Potatoes Fresh Roasted Veggies Fruit and Veggie Choices	Crispy Fish Sandwich with Pepper Jack Cheese Chilin' Chickpea Salad Fresh Fruit and Veggie Choices	Homemade Pizza Selections Italian Salad Fresh Fruit and Veggie Choices
Meatless Monday, Dec 17	Travel Tuesday, Dec 18	Wednesday, Dec 19	Thursday, Dec 20	Friday, Dec 21
Cheesy Pizza Bagel Bites Italian Green Beans Fresh Fruit and Veggie Choices	Mexican Burrito Bowl with Rice Caliente Corn Fiesta Black Beans Fresh Fruit and Veggie Choices	Penne Pasta Bar with Choice of Sauce and Meat Roasted Cinnamon Butternut Squash Fruit and Veggie Choices	Golden French Toast Sticks and Sizzlin' Sausage Roasted Sweet Potatoes Wedges Fresh Fruit and Veggie Choices	Homemade Pizza Selections Spinach and Butternut Squash Salad Fresh Fruit and Veggie Choices
Meatless Monday Alternative	Travel Tuesday Alternative	Wednesday Alternative	Thursday Alternative	Friday Alternative
Totally Twisted Cheesy Breadstick	French Bread Pizza	Crispy Chicken Sandwich	Stuffed Crust Pizza	Hamburger or Cheeseburger

Remember to check out the bottom of the menu for the Daily Alternate Selections! Deli Sandwiches and Salads offered daily

Roasted Cinnamon Butternut Squash
 Preheat oven to 400 degrees
 Peel 1 butternut squash, remove seeds, and cut into 1" cubes
 Toss with olive oil and sprinkle with cinnamon 1/2 tsp salt and 1 tsp cinnamon and a pinch of nutmeg
 Spread on a baking sheet and roast 25-30minutes until lightly browned.

**Lunch Menu = \$3.10
 Reduced Price = \$0.40**
**Breakfast Served Daily
 Full Pay = \$1.60
 Reduced Price = \$0.30**

Butternut Squash is a staple in many houses at Thanksgiving, but it is so nutritious and delicious it should be eaten all winter long. A cup of butternut squash has more potassium than a banana, and potassium is a mineral which many Americans are deficient in. It is also a good source of fiber, Vitamin E, and many B vitamins—and its sweet and delicious!

This month our cafeterias will be featuring Cucumbers, Green Peppers, Apples and Butternut Squash from local and regional farms! Buying local is good for our community and our environment!!!