

Harvest of the Month

Network for a Healthy California

Spaghetti Squash



Spaghetti squash is a delicious, healthy and fun alternative to pasta and kids will love it!

When cooked, the inside of the squash shreds into spaghetti-like threads!

Spaghetti squash is available year-round with peak season in fall and winter. It has a very mild flavor and can easily be served with your favorite marinara sauce or baked with a little butter and sprinkle of brown sugar and cinnamon. Yum!

* 1 cup has only 40 calories

* Contains no saturated fat or cholesterol

* Good source of niacin, vitamin B6, potassium

* Very good source of fiber and Vitamin C



Cooking Directions:

Prick the spaghetti squash all over with a fork multiple times so it will not burst while baking. Place whole squash in a shallow baking pan and bake in preheated 375 F oven for 1 hour. When cool enough to handle, cut spaghetti squash in half lengthwise with a serrated knife. Scoop the seeds and fibrous strings from the center of the cooked spaghetti squash. Gently scrape the pointy end of a kitchen fork around the edge of the squash. It should look just like spaghetti noodles. Enjoy!



December 2011

TORRANCE UNIFIED SCHOOL DISTRICT

FERN ELEMENTARY LUNCH MENU

Daily Milk Choices

* Prepay for school lunches ONLINE at MySchoolBucks.com *

The USDA and the CDE are equal opportunity providers and employers.

MONDAY	Tuesday	Wednesday	Thursday	Friday
<p>Three Alternative menu choices:</p> <ol style="list-style-type: none"> Smuckers PBJ Pillow Cup of Yogurt Grilled Cheese Sandwich <p>http://www.tusd.org</p>	<p>Lunch</p> <p>Paid \$3.00 Reduced \$0.40 Milk \$0.50</p> <p>* Contains Pork **Menu Subject to change</p>		<p>1</p> <p>Bean and Cheese Burrito Mexican Rice</p> <p><i>Fruit and Vegetable Bar</i></p>	<p>2</p> <p>NEW! Ardella's Cheese Pizza</p>  <p><i>Fruit and Vegetable Bar</i></p>
<p>5</p> <p>Tyson Chicken Tenders Oven Baked Tater Tots Country Biscuit</p> <p><i>Fruit and Vegetable Bar</i></p>	<p>6</p> <p>Foster Farms Mini Corn Dogs Sweet Corn 100% Cherry Juice Bar</p> <p><i>Fruit and Vegetable Bar</i></p>	<p>7</p> <p>"Domino's" Cheese Pizza</p>  <p><i>Fruit and Vegetable Bar</i></p>	<p>8</p> <p>Orange Chicken Fluffy Rice Fortune Cookie</p>  <p><i>Fruit and Vegetable Bar</i></p>	<p>9</p> <p>Bagel Cheese Pizza Chocolate Chip Cookie</p> <p><i>Fruit and Vegetable Bar</i></p>
<p>12</p> <p>Rib-B-Que on Wheat Bun Bag of Baked Chips</p>  <p><i>Fruit and Vegetable Bar</i></p>	<p>13</p> <p>Oven Roasted Chicken Ranch Beans Tortillas</p>  <p><i>Fruit and Vegetable Bar</i></p>	<p>14</p> <p>NEW! Southwest Cheese Quesadilla Mexican Rice</p> <p><i>Fruit and Vegetable Bar</i></p>	<p>15</p> <p>Chicken Nuggets Oven Baked Potato Wedges Wheat Dinner Roll</p> <p><i>Fruit and Vegetable Bar</i></p>	<p>16</p> <p>"Papa John" Cheese Pizza Holiday Treat!</p>  <p><i>Fruit and Vegetable Bar</i></p>
<p>Winter Break!</p> <p>December 19 - January 2</p>  				
<p>January</p> 	<p>3</p> <p>New Year Ravioli Cheesy Breadstick Snickerdoodle Cookie</p>  <p><i>Fruit and Vegetable Bar</i></p>	<p>4</p> <p>"Domino's" Cheese Pizza</p> <p><i>Fruit and Vegetable Bar</i></p>	<p>5</p> <p>Build Your Own Taco! Mini Churro</p>  <p><i>Fruit and Vegetable Bar</i></p>	<p>6</p> <p>Cheese Pizza</p>  <p><i>Fruit and Vegetable Bar</i></p>