


# Harvest of the Month

## ~ Winter Squash ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>1-Macaroni &amp; Cheese *V*</b> <b>2-Peanut Butter &amp; Jelly Sandwich *V*</b>  Corn	<b>4</b> <b>1-Build Your Own Soft Tacos</b> <b>2-Yogurt, Cheese Stick &amp; Cinnamon Round</b>  Pumpkin Applesauce <i>H</i>	<b>5</b> <b>1-D11 Cheese *V* or Sausage Pizza</b> <b>2-Ham and Cheese Sandwich</b>  Strawberries	<b>6</b> <b>1-Pancakes and Sausage Links</b> <b>2-Deli Roll</b>  Cauliflower	<b>7</b> <b>1-Sloppy Joe</b> <b>2-Pizza Lunch Box</b>  Craisins
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water. Items marked with a *V* are vegetarian selections. Items marked with a  contain pork. Items marked with a <i>H</i> are Harvest of the Month selections.</i>				
<b>10</b> <b>1-Ravioli Marinara with Breadstick *V*</b> <b>2-Yogurt, Cheese Stick &amp; Harvest Muffin *V*</b>  100% Juice	<b>11</b> <b>1-Hamburger or Cheeseburger</b> <b>2-Chicken, Bean &amp; Cheese Taquito</b>  Diced Pears	<b>12</b> <b>1-D11 Cheese *V* or Pepperoni Pizza</b> <b>2-Peanut Butter &amp; Jelly Sandwich *V*</b>  Pumpkin Applesauce <i>H</i>	<b>13</b> <b>1-Creamy Chicken &amp; Biscuit</b> <b>2-Turkey &amp; Cheese Sandwich</b>  Mixed Fruit	<b>14</b> <b>1-BBQ Chicken &amp; Gordita Bread</b> <b>2-Cheese Quesadilla *V*</b>  Diced Peaches
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				
<b>17</b> <b>1-Lasagna Roll With Marinara &amp; Breadstick *V*</b> <b>2-Cheese Nachos *V*</b>  Apricots	<b>18</b> <b>1-D11 Tostada *V*</b> <b>2-Cinnamon Roll &amp; Sausage Links</b>  Celery Sticks	<b>19</b> <b>Sack Lunch!</b> <b>1-Hamburger or Cheeseburger</b> <b>2-Deli Roll</b>  Apple	<b>20</b> <b>1-Hot Ham and Cheese on a Bun</b> <b>2-Manager's Special</b>  Baked Beans 	<b>21</b> <i>No Lunch!</i>  
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				



# Christmas Break

## December 2018

Colorado Springs School District 11  
Corpus Christi K-5 Lunch Menu



### Meal Prices:

Student Lunch	\$2.90
Weekly	\$14.50
Monthly	\$58.00

Adult Lunch	\$3.10
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Milk	\$0.60
Chocolate Milk	\$0.70
Bottle Water	\$0.80

**Lunch includes a minimum of three and maximum of 5 different selections from the grain, milk, fruit, vegetable and meat/meat alternate groups. One selection must be a fruit or vegetable.**

You could possibly save hundreds of \$\$ on school lunch and breakfast! If you would like assistance with the cost of your student's meals, you may apply for free or reduced-price meals online at [MySchoolApps.com](http://MySchoolApps.com).

There may be instances when menu substitutions must be made due to circumstances beyond our control. CSSD11 Food & Nutrition Services makes every effort to prevent these situations when at all possible. In the event that a substitution must be made, signage will be posted at the school to indicate what the substitution will be.

Please visit <https://www.d11.org/Page/921> to view menus and for an explanation of the D11 snow day policy.



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**D11 Good Food Project!**

<http://m.facebook.com/pages/D11-Good-Food-Project/254969185947>

Do you have a "praise" or "concern" to share with the Director of Food & Nutrition Services? Please email your comments to [Kent.Weagri@d11.org](mailto:Kent.Weagri@d11.org).

### Colorado Harvest of the month for December... Winter Squashes

Winter squash actually came from wild squash which originated in Guatemala and Mexico. The name 'winter squash' dates back to a time when the seasons were more influential to man's survival than they are now. Squash and similar vegetables became known as winter vegetables if they could be stored until December. While squash has been consumed for over 10,000 years, they were first cultivated specifically for their seeds since earlier squash did not contain much flesh, and what they did contain was very bitter.

Selective cultivation has given us varieties with mild sweet flesh. Common squashes include butternut, acorn, spaghetti, hubbard, turban, and kabocha. They come in many different shapes, sizes and colors and flavors. Many winter squashes have hard thick rinds so they can be stored uncut for up to 6 months in a root cellar, garage or basement. Smaller thinner skinned squash such as the butternut only last about three months on the shelf. Additionally, squash that has been cut into recipe-sized portions freezes well.

This vegetable has many health benefits. It is one of the richest sources of plant-based omega-3 which helps to reduce inflammation (swelling) and help protect against colds and the flu. Winter squash also has lots of vitamin A, vitamin C and fiber to keep you feeling full for longer. Even the seeds from these squashes can be baked and eaten which gives you a healthy boost of good fats like linoleic and oleic acid.

These vegetables also offer a beautiful variety of colorful art. With colors ranging from bright orange-red and bright yellow to dark green to greenish-grey; striped, solid or warded, they serve well as decorations or as a centerpiece at the table. Enjoy!

Source: <http://www.whfoods.com>, <http://whatscookingamerica.net/squash.htm>, <http://www.wintersquash.org/>

### Physical Activity Topic for December... Ice Skating

Skating on an ice rink is a great way to learn balance. You can have fun gliding fast and if you get good at it, spin in circles or do axles in the air. There are 6 important steps when learning how to ice skate.

1. Practice falling- Tuck in your arms and land on your rear. To get up, balance on your hands and knees and put one foot underneath you and then the other.
2. Learn how to stop- Drag one foot behind the other at a 45 degree angle and shift your weight to the back skate.
3. Stand and relax- Stand with your feet 6 inches apart, toes straight ahead, knees slightly bent, arms out to your sides, weight evenly distributed and eyes forward.
4. Glide- Turn your right foot to the 2 o' clock position and your left foot to the 10 o' clock position. Keep your weight evenly distributed and glide.
5. Shift your weight- Shift your weight from one skate to the other once you feel more confident.
6. Practice the one-foot glide- Lift the skate opposite to the one your weight is on slightly off the ground. Keep practicing!

Source: <http://www.howcast.com/videos/281478-How-to-Ice-Skate/>



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