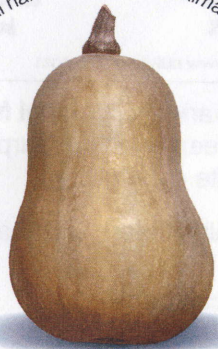


Harvest of the Month



Network for a Healthy California

Botanical name: *Cucurbita maxima Duchesne*



WINTER SQUASH October

Circle the 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?

Neighborhood House Association

Happy Birthday

Celebrate by enjoying homemade Pumpkin Mousse!

				Friday 1
				Kashi Heart to Heart, Oranges, & Milk
				Red Chili Braised Beef, Coriander Scented Rice with Chives, Chopped Romaine, Cilantro Ranch Dressing, Fresh Pear, & Milk
				Sweet Potato Yogurt, Graham Crackers, & Water
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
7 Grain Honey Puffs, Fresh Pear, & Milk	English Muffin, Raspberry Cream Cheese, Orange, & Milk	Toasted Oats, Banana, & Milk	Multi Grain Bagel, Cream Cheese, Peach-Mango Compote, & Milk	Kashi Strawberry Fields, Peaches, & Milk
BBQ Chicken, Red Rose Mashed Potatoes with Roasted Corn, Glazed Apple & Peaches, Multi Grain Roll, & Milk	Turkey in Sun Dried Tomato Sauce with Penne Pasta, Fresh Cauliflower Florets, Carrot Coins, Mixed Salad with Tarragon Drizzle, & Milk	Piccadillo Creole, Basmati Rice, Cumin carrots, Fresh Orange, & Milk	Vegetarian Black Bean Chile Verde, Spanish Rice, Chopped Romaine, Green Chile Vinaigrette, Papaya Cup, & Milk	Chicken Coconut Curry, Brown Rice, Oregano Scented Green Peas, Coriander Cabbage Salad with Roasted Butternut Squash Sesame Dressing, & Milk
Black Bean & Corn Salsa with Tortilla Chips, & Water	Herbed Yogurt with Celery Sticks & Water	Roasted Corn Chowder, Multi Grain Crostini, & Water	Tuna Tostada & Water	Granola Yogurt Parfait with Blueberries & Water
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Corn Chex, Fresh Pear, & Milk	Bran Muffin, Sliced Apples, & Milk	Granola, Cherry Mango Compote, & Milk	English Muffin, Apple Cream Cheese Spread, Pear, & Milk	Kashi Heart to Heart, Peaches, & Milk
Spaghetti with Sicilian Meat Sauce, Roasted Zucchini with Mushrooms, Caesar Salad, & Milk	Hawaiian Teriyaki Chicken, Basmati Rice, Gingered Sesame Corn, Mango Pineapple Fruit Medley, & Milk	Turkey Burgers with Mini Buns, Fresh Tomato Soup, Garden Salad with Green Goddess Dressing, & Milk	Braised Beef with Wild Mushrooms, Steamed Broccoli, Multi Grain Rolls, Fresh Sliced Apples, & Milk	Herbed Panko Cod, Jasmine Vegetable Rice Pilaf, Mixed Vegetables, Oranges, & Milk
Cilantro Hummus with Stacy's Pita Chips & Water	Hard Boiled Eggs, Carrot Sticks, & Water	Pumpkin Yogurt, Graham Crackers, & Water	Herbed Cottage Cheese, Multi Grain Crostini, & Water	Chicken - Cranberry Salad with Mini Bun & Water
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Rice Chex, Orange, & Milk	Multi Grain Bagel, Cream Cheese, Sliced Apples, & Milk	7 Grain Kashi, Banana, & Milk	Bran Muffin, Sliced Strawberries, & Milk	Honey Granola, Papaya Chunks, & Milk
Beef Bulgolgi, Brown Rice, Sesame Carrots, Pineapple Cilantro Salad, & Milk	Vegetarian Lasagna Style Fusilli, Fresh Broccoli & Cauliflower Duet with Sundried Tomato Yogurt Dip, & Milk	Turkey Gumbo with Red Beans & Rice, Succotash, Fruit Jambalaya, & Milk	Roasted Cod with Pomodoro Sauce, Basil Egg Noodles, Roasted Citrus Zucchini, Fresh Orange, & Milk	Spinach Cheddar Bake, English Muffin, California Salad with Tomato Basil Vinaigrette, Fresh Sliced Apples, & Milk
Mango Salsa with Tortilla Chips & Water	Tropical Fruit Ambrosia & Water	Curried Cauliflower Bisque with Pita Triangles & Water	Cottage Cheese with Golden Raisins & Cranberries, Graham Crackers, & Water	Turkey Salad with Wheat Crackers & Water
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
7 Grain Honey Puffs, Fresh Pear, & Milk	English Muffin, Acorn Squash Cream Cheese Spread, Orange, & Milk	Toasted Oats, Banana, & Milk	Bran Muffin, Sliced Apples, & Milk	Granola, Peaches, & Milk
California Cassoulet, Multi Grain Roll, Romaine Salad with Chive Vinaigrette, Fresh Melon Medley, & Milk	Chicken Fajita, Corn Tortilla, Tomato Rice, Oregano Cilantro Cabbage Salad with Ranch Dressing, Fresh Pear, & Milk	Philly Steak Sandwich on Hoagie, Red Rose Chive Mashed Potato, Fresh Apple Slices, & Milk	Homemade French Toast Sticks with Vanilla Yogurt, Cherry, Peach, Pineapple Compote, & Milk	Salmon Tacos, Chopped Cabbage Salad with Jalisco Dressing, Spanish Rice, Fiesta Corn, & Milk
Tropical Fruit Snack & Milk	Cannelini Bean, Roasted Red Pepper Dip with Wheat Cracker, & Water	Pinto Bean Soup with Tortilla Chips & Water	Cottage Cheese, Orange, & Water	Lemon Dill Hummus with Pita Triangles & Water

EAT YOUR SQUASH

Squash Search

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

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

Acorn	Calabaza	Mediterranean
Banana	Delicata	Spaghetti
Butternut	Kabocha	Turban


Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, try to eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.



Nutrition Facts

Serving Size: 1 cup, cooked, cubes (205g)	
Calories 76	Calories from Fat 6
% Daily Value	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	23%
Sugars 7g	
Protein 2g	
Vitamin A 214%	Calcium 5%
Vitamin C 33%	Iron 5%
Source: www.nutritiondata.com	

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Winter squash can be yellow, green or tan (part of the white color group).

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
 - Yellow squash, delicata squash, turban squash and calabaza.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
 - Acorn squash, Japanese or kabocha squash and hubbard squash.
- White/tan/brown fruits and vegetables help maintain a healthy heart and healthy cholesterol levels. Examples are:
 - Banana squash, butternut squash and Mediterranean squash.

How Much Do I Need?

A serving of cooked winter squash is about one cup cubed. This is about two cupped handfuls. If you cannot eat this much, try a smaller amount. It will help you to reach your total amount of fruits and vegetables for the day.

