

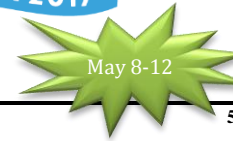


What is a Reimbursable Meal??

A meal must include:
 • ½ cup of fruit or vegetable
 • 3-5 of the Food Groups ~ *Fruit, Vegetable, Protein, Grain, Milk*
 Additional servings of fruits and vegetables are unlimited!

Daily Milk Choices:

(Free of BGH and High Fructose Corn Syrup)
 • White Skim • White 1% • Chocolate Skim



Fun Food Feature of the Month:



Yellow Squash

Fun Facts

- Yellow squash has been a part of Native American diets for over 5,000 years.
- Squash is often cooked, but the name originates from Native American words that mean "something eaten raw."

Nutrition

- Over 95% of yellow squash is water, making it low in calories and sodium, with no fat.
- It is a great source of vitamin C which strengthens immune systems and promotes wound healing.

Selection and Storage

- Pick squash with skin that is firm and free from cuts and bruises.
- Do not choose pitted, dull, or spotted squash.
- Store squash in the refrigerator for up to 7-10 days.
- Do not wash until ready to use.

Enjoy!



- The skin, flesh and seeds of yellow squash are all edible.
- To prepare, wash the squash, trim the ends and slice in coins, sticks, planks, or spiralizer.
- Steam, sauté, roast, or grill it. Just use a little olive oil and season as desired.
- Try herbs like basil or rosemary or spices like cinnamon or nutmeg to add flavor.

* Meatless option

Nutritional information is on our website at: www.hudson.k12.wi.us

This institution is an equal opportunity provider.

<p>1</p> <p>1) Chicken Patty on Bun 2) Cheese Quesadilla* 3) Turkey & Cheese Sandwich</p> <p>Baked Beans Vegetable Tray Blushing Pear Sauce Orange Smiles</p>	<p>2</p> <p>1) Chicken Alfredo with Breadstick 2) Sloppy Joe on Bun 3) Turkey & Cheese Sandwich</p> <p>Broccoli Vegetable Tray Peach Sauce Banana</p>	<p>3</p> <p>1) Pepperoni Pizza 2) Chicken Taco Salad 3) Turkey & Cheese Sandwich</p> <p>Peas Vegetable Tray Cinnamon Applesauce Frozen Yogurt</p>	<p>4</p> <p>1) French Toast & Scrambled Eggs* 2) Grilled Chicken Patty on Bun 3) Turkey & Cheese Sandwich</p> <p>Hash Browns Vegetable Tray Strawberries Fresh Kiwi</p>	<p>5</p> <p>1) Mini Corn Dogs 2) Fish Patty on Bun 3) Turkey & Cheese Sandwich</p> <p>Sweet Potato Waffle Fries Vegetable Tray Mixed Fruit Fresh Fruit</p>
<p>Red and Orange Day 8</p> <p>1) Popcorn Chicken 2) Turkey, Ham, & Cheese Sub 3) Ham & Cheese Sandwich</p> <p>Potato Wedges Vegetable Tray with Red Peppers Peach Sauce Apple Wedges</p>	<p>Purple and Red Day 9</p> <p>1) Hot Dog on Bun 2) Pizza Calzone 3) Ham & Cheese Sandwich</p> <p>Baked Beans Vegetable Tray with Grape Tomatoes Applesauce Fresh Strawberries, Kiwi, & Blackberries</p>	<p>Green and Yellow Day 10</p> <p>1) Macaroni & Cheese* 2) Chicken Caesar Salad & Dinner Roll 3) Ham & Cheese Sandwich</p> <p>Green Beans Vegetable Tray with Baby Kale Pineapple Sauce Grapes</p>	<p>Orange and Yellow Day 11</p> <p>1) Walking Tacos & Corn Chips 2) Turkey Wrap 3) Ham & Cheese Sandwich</p> <p><i>Fun Food Feature</i> Yellow Squash Corn Vegetable Tray Mandarin Oranges Assorted Pudding</p>	<p>Rainbow Day 12</p> <p>1) Italian Dunkers* 2) Hamburger on Bun 3) Ham & Cheese Sandwich</p> <p>Roasted Cauliflower Vegetable Tray Fruit Fluff Fresh Fruit</p>
<p>15</p> <p>1) Corn Dog 2) Pizza Express 3) Turkey & Cheese Sandwich</p> <p>Baked Beans Vegetable Tray Pear Sauce Orange Smiles</p>	<p>16</p> <p>1) Chicken Patty on Bun 2) Yogurt Parfait & Muffin* 3) Turkey & Cheese Sandwich</p> <p>Brown Rice Vegetable Tray Peach Sauce Grapes</p>	<p>17</p> <p>1) Turkey in Gravy over Mashed Potatoes & Dinner Roll 2) Beef Taco Salad 3) Turkey & Cheese Sandwich</p> <p>Glazed Carrot Coins Vegetable Tray Applesauce Mini Ice Cream Sandwich</p>	<p>18</p> <p>1) Pancakes* with Sausage Links 2) Rib-E-Q on Bun 3) Turkey & Cheese Sandwich</p> <p>Potato Rounds Vegetable Tray Strawberries Banana</p>	<p>19</p> <p>1) Cheese Pizza* 2) Chicken Tenders 3) Turkey & Cheese Sandwich</p> <p>Corn Vegetable Tray Mixed Fruit Fresh Fruit</p>
<p>22</p> <p>1) Chicken Nuggets 2) Hot Ham & Cheese 3) Ham & Cheese Sandwich</p> <p>Mashed Potatoes & Gravy Vegetable Tray Peach Sauce Teddy Grahams</p>	<p>23</p> <p>1) Spaghetti & Meat Sauce with Garlic Toast 2) Grilled Chicken Patty on Bun 3) Ham & Cheese Sandwich</p> <p>Green Beans Vegetable Tray Pineapple Sauce Apple</p>	<p>24</p> <p>1) Pigs in a Blanket 2) Chef Salad & Dinner Roll 3) Ham & Cheese Sandwich</p> <p>Broccoli & Cheese Sauce Vegetable Tray Pear Sauce Grapes</p>	<p>25</p> <p>1) Beef Tacos 2) Fish Nuggets 3) Ham & Cheese Sandwich</p> <p>Brown Rice Refried Beans Vegetable Tray Rosy Applesauce Fresh Pineapple</p>	<p>26</p> <p>1) Pizza Dippers* 2) Hamburger on Bun 3) Ham & Cheese Sandwich</p> <p>Corn Vegetable Tray Mandarin Oranges Fresh Fruit</p>

<p>29</p> 	<p>30</p> <p>1) Sloppy Joe on Bun</p> <p>Broccoli Vegetable Tray Peach Sauce Fresh Kiwi</p>	<p>31</p> <p>1) Pepperoni Pizza</p> <p>Peas Vegetable Tray Cinnamon Applesauce Frozen Yogurt</p>	<p>1</p> <p>1) Turkey & Cheese Sandwich</p> <p>Green Beans Vegetable Tray Strawberries & Blueberries Banana</p>	<p>2</p> <p>1) Mini Corn Dogs</p> <p>Sweet Potato Waffle Fries Vegetable Tray Mixed Fruit Fresh Fruit</p>	<p>Yellow Squash with Sage</p> <p>4 small yellow squash 1-2 Tbsp Olive Oil 2 tsp Fresh Sage, chopped fine Salt and Pepper, to taste</p> <p>Slice squash into disks about 1/8 inch thick. Warm 1 Tbsp of olive oil in a medium-sized sauté pan over medium heat.</p> <p>Add squash, turning frequently, and cook until just tender. If squash dries out while cooking, drizzle with remaining tablespoon of olive oil; stir to coat.</p> <p>Sprinkle with sage, salt and pepper to taste, and combine.</p> <p>Recipe from: https://www.hsph.harvard.edu/nutrition-source/yellow-squash-with-sage</p>
<p>5</p> <p>1) Turkey in Gravy over Mashed Potatoes & Dinner Roll 2) Meatball Sub 3) Turkey & Cheese Sandwich</p> <p>Mashed Potatoes Assorted Vegetable Assorted Fruit</p>	<p>6</p> <p>1) Chicken Patty 2) Cook's Choice 3) Turkey & Cheese Sandwich</p> <p>Hot Vegetable Assorted Vegetables Assorted Fruit Assorted Desserts</p>	<p>7</p> <p>PICNIC DAY</p>  <p>Hot Dog Hamburger</p> <p>Baby Carrots Fresh Apple Chocolate Chip Cookie</p>	<p>8</p> 