Monday	Tuesday	Wednesday	Thursday	Friday
30 Chex Cereal Banana 1% Milk **Tuna Noodle Casserole** **W.G. Breadstick** **Peas** **Orange Slices** **1% Milk** Cheese and Crackers	1 W.W. Bagels w/ dip Clementines 1% Milk **Chicken enchiladas on W.G. tortilla** **Corn** **Grapes & 1% Milk** Snack Mix & Pear Wedges	2 Egg bake Berries & 1% Milk **Turkey** **W.W. Bread w/butter** **Mashed Potatoes w/gravy** **Pineapple** **1% Milk** English Muffin w/jelly Apple Wedges	3 Banana Bread 1% Milk Diced Peaches **W.G. Sloppy Joes** **Green Beans** **Fruit Variety** **1% Milk** Cheese Stick Goldfish Crackers	4 No School
7 Cheerios Banana 1% Milk **Fish Sticks w/ ketchup** **Brown Rice** **Clementines** **Salad Greens w/Ranch** **1% Milk** Graham Crackers Diced Pears	8 W.W. Muffins Strawberries & 1% Milk **Mac and Cheese** **Pepita Seeds** **W.G. Dinner Roll w/butter** **Tator Tots w/Ketchup** **Grapes & 1% Milk** Rice Cakes Kiwi	9 Cheese Quesadillas Mandarin Oranges 1% Milk **Chicken Noodle Soup** **Saltine Crackers** **W.W. Bread w/butter** **Cucumbers w/Ranch** **Pear Wedges & 1% Milk** Chex Mix & Diced Peaches	10 Pancakes w/ Syrup Apple Slices & 1% Milk **Spaghetti w/meat sauce** **W.G. Breadstick** **Roasted Brussel Sprouts** **Diced Pineapple** **1% Milk** Banana Cauliflower w/Ranch	11 Oatmeal Berries 1% Milk **Taco Casserole** **W.G. Dinner Roll** **Roasted Cauliflower** **Fruit Variety & 1% Milk** Yogurt Goldfish Crackers
14 Kix Cereal Diced Pears & 1% Milk **Cheeseburger on a Bun** **French Fries w/ketchup** **Clementines** **1% Milk** W.W. Toast w/jelly Strawberries	15 English Muffins w/jelly Berries 1% Milk **White Chicken Chili** **Sugar snap peas** **W.G. dinner roll** **Grapes & 1% Milk** Pretzel sticks Kiwi	16 Scrambled Eggs Grapefruit & 1% Milk **W.W. Grilled Cheese** **Tomato Soup** **Broccoli with Ranch** **Diced Peaches** **1% Milk** Orange/Strawberry Julius Crackers	17 French Toast Sticks Applesauce & 1% Milk **Ham** **Mashed Potatoes** **W.W. Stuffing** **Apple Slices** **& 1% Milk** Buttery Crackers Mandarin Oranges	18 Yogurt Diced Peaches 1% Milk **W.G. Chicken Sandwich** **Ketchup** **Baked Beans** **Fruit Variety** **1% Milk** Pretzels Fruit Cocktail
21 Christmas Break No School	22 No School	23 No School	24 No School	25 No School Christmas Day

December 2026

Harvest of the Month: Sweet Potatoes

Fall is the perfect time to embrace the warm, comforting flavors of sweet potatoes! These vibrant root vegetables are not only delicious but also packed with nutrients that make them a fantastic addition to your autumn meals.

The Nutritional Value of Sweet Potatoes

- Sweet potatoes are loaded with beta-carotene, an antioxidant that your body converts into vitamin A. This nutrient is essential for healthy vision, immune function, and skin health.
- With their high fiber content, sweet potatoes can aid digestion, support a healthy gut, and help maintain steady blood sugar levels.
- Sweet potatoes are a good source of vitamins C, B6, and E, as well as minerals like potassium and manganese. These nutrients contribute to heart health, brain function, and overall well-being.
- Despite their sweet taste, sweet potatoes have a low glycemic index, meaning they cause a slower, more stable rise in blood sugar levels compared to other starchy foods.

Did You Know?

- Sweet potatoes come in various colors, including orange, white, and purple, each offering unique flavors and nutritional benefits.
- The root vegetable has been cultivated for over 5,000 years, originating in Central and South America before spreading worldwide.
- Although often used interchangeably, sweet potatoes and yams are different vegetables. Yams are starchier and less sweet, with a rough, scaly skin.

Shopping and Storing Sweet Potatoes

- Look for sweet potatoes that are firm, with smooth skin and no blemishes or soft spots.
- Smaller sweet potatoes tend to be sweeter and creamier, while larger ones are starchier.
- To keep sweet potatoes fresh, store them in a cool, dry, and well-ventilated area. Avoid placing them in the fridge, as the cold can alter their texture and flavor.
- When stored correctly, sweet potatoes can last up to a month.

More Ways to Enjoy Sweet Potatoes

Here are a few ideas to incorporate sweet potatoes into your meals:

Roasted Sweet Potatoes

Cut sweet potatoes into cubes, toss them with olive oil, salt, and your favorite spices, then roast until tender and caramelized. They make a perfect side dish for any meal.

Sweet Potato Fries

Slice sweet potatoes into thin strips, toss with a bit of oil and seasoning, and bake until crispy. Serve with your favorite dipping sauce for a healthy snack or side.

Sweet Potato Mash

Boil sweet potatoes until soft, then mash them with a bit of butter, milk, and spices like cinnamon or nutmeg for a comforting dish.

Sweet Potato Soup

Puree cooked sweet potatoes with vegetable broth, onions, garlic, and spices to create a rich, velvety soup that's perfect for chilly autumn evenings.

Recipe: Sweet Potato and Black Bean Tacos

Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- 1 can of black beans, drained and rinsed
- Corn tortillas
- Toppings: avocado, salsa, cilantro, lime, shredded cheese (optional)

Instructions:

1. Preheat your oven to 400°F (200°C). Toss the diced sweet potatoes with olive oil, cumin, chili powder, salt, and pepper. Spread them out on a baking sheet and roast for 25-30 minutes, or until tender and slightly caramelized.
2. While the sweet potatoes are roasting, warm the black beans in a small saucepan over medium heat.
3. To assemble the tacos, fill each tortilla with a spoonful of roasted sweet potatoes and black beans. Add your favorite toppings, such as avocado slices, salsa, cilantro, lime juice, or shredded cheese.
4. Serve immediately and enjoy a delicious, nutritious meal!

These tacos are not only easy to prepare but also customizable to suit your family's tastes. The combination of sweet potatoes and black beans provides a satisfying, hearty meal perfect for any night of the week.